

**Come and Join Us on the
Memory and Wellness Walk
to Rhuddlan Nature Reserve
Friday 22nd October 1.30pm**



**We are leaving Rhuddlan Community Centre at 1-30pm
then there's a short walk down to the Nature Reserve**

**Down there you will hear how the Nature Reserve
has developed over the past 10 years**

**You will also see the early stages of the dementia
friendly sensory area which is being developed there**

Everyone is welcome to come along.

**The walk is organised by Rhuddlan Dementia Group
for more information contact
Mike Kermode on 07801768878**