



**Bristol Dementia**  
Action Alliance



# **Dementia Awareness Session**

**Wednesday 7<sup>th</sup> February 2024, 3pm  
(1 hour session)**

## **Bristol Indoor Bowling Club**

198 South Liberty Lane, Ashton Vale

### **Please come and join us**

Session to include:

- What is dementia?
- Types of dementia
- How they present
- What can carers do?
- Coping mechanisms
- Q & A



**[www.bdaa.org.uk](http://www.bdaa.org.uk)**

Registered Charity: 1167404

Tel: **07741 142701**