

**NEW  
Chair Based  
Exercise  
Class**

**People with  
Dementia  
Carers  
Former Carers**

**Weekly  
starting  
Thursday  
1<sup>st</sup> November**

Alzheimers ●  
Dementia ●  
Support ●

Local support and guidance

**Smile**

Keep Fit • Make Friends • Keep Living!



**Meet for Refreshments at 10.15. Exercises 11.00- 11.45  
King Edwards Hall, King Edwards Road, North Ascot SL5 8PD**

**For more information please contact  
Sarah Hill on 07876 586445 or Terrie Hall 07516 165647**

A SMILE exercise initiative delivered in by Alzheimers Dementia Support

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