

Free Music, Movement & Mindfulness Group

Every Thursday in August with Sunlight Sound

The session will be fun and relaxed including music and sound, movement and soothing mindfulness.

There will also be plenty of time to enjoy a conversation over tea, coffee and light refreshments.

All people living with Dementia, their family members, friends and carers are welcome.

Upcoming dates:

- Thursday 6 August
- Thursday 13 August
- Thursday 20 August
- Thursday 27 August

Time:

2pm to 4pm

Address:

Transmitter Hall, Alexandra Palace,
Alexandra Palace Way, N22 7AY

Contact:

If you are interested in attending and for more information please call Clare on 07817 879826 or

Email:

dementiafriendly@haringey.gov.uk

