

Flourish

Dementia Friendly Gardening Group at Castlebank Horticultural Centre

**First Monday of the month
Starting on Monday 1st April 2019
10.30am - 12.30pm**

***Come along and enjoy garden & nature
themed activities with light refreshments.***

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome: people who can attend independently and/or for those unable to do so should come with a companion who can take responsibility for them and share their experience of the group. Depending on the weather, some activities may take place indoors or outdoors. Donations welcome to support the continued regeneration of Castlebank Park, and the running of Castlebank Horticultural Centre.

**Limited places. Please book in advance by emailing
info@lanarktrust.co.uk or calling 01555 728 329
www.lanarktrust.co.uk**

