



**FORGET
ME NOT
CHORUS**

**Are you looking for a group
to support you as you face
the challenges of dementia?
Join our community!**

Our sessions take place every week,
and are a relaxed, fun way to meet other
people who know what it's like living
with or alongside dementia. Membership
is free, and no referral is needed.



Find us here

North Wales • Saturdays 2 - 4pm
Bodelwyddan Village Hall, Ronaldsway,
Bodelwyddan, Rhyl LL18 5TE
Contact Toby on **01492 472172**
or **toby@forgetmenotchorus.com**



Too far from home?

You can also join us from anywhere in the UK with FMNC online sessions.
Contact **hello@forgetmenotchorus** for more information.



and Conwy Loneliness and Isolation Fund

www.forgetmenotchorus.com

Registered charity number / Rhif elusen gofrestrdig 1151812