



Taster Day

Saturday 2nd September

10am-3pm

We would like to invite anyone living with or affected by a neurological condition, their carers, friends and family to our Taster Day. The event is open to anyone from Somersham and all of the surrounding villages, including Colne, Bluntisham, Pidley, Earith, Woodhurst, Old Hurst and Broughton.

The Taster Day will give a flavour of a new programme of activities aimed to help people manage the symptoms of these conditions and create a local network, being run from 4th September. You can drop in for more information and a chat with some of the team or book on to one of the trial sessions:

- ◆ 10am Official Opening
- ◆ 10.15am Become a **Dementia Friend**
- ◆ 10.15am **Nordic Walking Taster**
- ◆ 11am **Seated/Standing Exercise Taster** or **Nature Ventures Taster**
- ◆ 12-1pm Buffet Lunch
- ◆ 1.15pm **Nordic Walking Taster**
- ◆ 2pm **Seated/Standing Exercise Taster** or **Nature Ventures Taster**
- ◆ 10am-3pm Creative Taster making Changing Lives Bunting
- ◆ Drop in refreshments available throughout the day
- ◆ Information from organisations such as Parkinson's UK, the MS Society and the Alzheimer's Society

**Venue: The Millennium Pavilion, off The Trundle,
Somersham, PE28 3JS**

For more information visit our website [www.https://changinglivessomersham.wordpress.com](https://changinglivessomersham.wordpress.com), follow us on Facebook 'Changing Lives' or call 01487 841359.