



"Memory Support"

What is "Memory Support?"

Information and activity sessions for people affected by memory loss and their carers. We will discuss with you, how we can support you to attend, what kind of activities you would like and what your goals are.

Who can join?

We encourage people who are being cared for and their carers to attend together. If you wish to attend alone, please let us know.

What are some of the activities participants have chosen?

Outings, making memory boxes and keepsakes, preparing a small meal, gentle exercise, singing, dancing, art, ceramics, photography, poetry and storytelling.



When is it?

We need a minimum of 8 people to run a group.

Groups are run when there is enough interest.



What do I pay?

\$7.50 for refreshments and basic materials.

Additional costs may apply for outings and other projects.



Where do I go?

Gateway Health
45 - 47 Mackay Street
Wangaratta

For enquiries and registration contact

T: (03) 5723 2000

Wangaratta

45 - 47 Mackay Street
Wangaratta, 3677

T: (03) 5723 2000

F: (03) 5722 2313

Wodonga

155 High Street
Wodonga, 3690

T: (02) 6022 8888

Freecall: 1800 657573

F: (02) 6024 5792

Ask us about our other group activities for older people to keep you active and socially involved.

info@gatewayhealth.org.au

www.gatewayhealth.org.au