

# KEEP DANCING WITH DEMENTIA



## AND HELP ME STAY WELL FOR LONGER

When a friend or relative is diagnosed with dementia it can be hard to know what to do, but helping someone stay connected and socially active can help them stay well for longer.

[nhsinform.scot/RethinkDementia](https://nhsinform.scot/RethinkDementia)

# GO FOR A WALK WITH DEMENTIA



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# MEET DEMENTIA FOR A COFFEE



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