

Let's Talk About

CARING COMMUNITY



Anxiety & Dementia Awareness Day

Wednesday 5th June 10am-4pm

Sunshine Room East Whins The Park Findhorn IV36 3SH

10 – 11

Presentation on anxiety by Shola

11 – 12.30

Stress release exercises with Maggie La Tourelle

13.30 – 14.30

Presentation on dementia by Shola

14.30 – 16

Interactive session with Wendy Menzies

Shola will be offering free 20-minute consultations on mental health issues you want to know more about for yourself or others (e.g. anxiety, depression, panic attacks, etc). **To book contact:** ccc.admin@parkecovillagetrust.co.uk

Dr Prasanna de Silva (Shola) is an adult, old age and rehabilitation psychiatrist

Wendy Menzies is Alzheimer's Scotland, Elgin Advisor

Maggie La Tourelle is a Holistic health therapist and writer

Organiser - Leslie Jones ccc.admin@parkecovillagetrust.co.uk

NFA Caring Community Care is a volunteer group within the NFA Community Association and is a division of Park Ecovillage Trust.

<http://findhorn.cc/groups/community-care-circle/>

<https://parkecovillagetrust.co.uk/caring-community-circle/>