

Dementia Action Week 2019

Wednesday 22nd May



St Joseph's Hospice celebrates ...

From 9.45am to 12.30pm - a number of guest speakers will talk about the history and development of 5 years of Namaste Care in East London.

5 years on ...

the story of
Namaste Care
East London



Throughout the day, from 10am to 3pm:

Activities for people living with dementia, their families, friends and community will include:

- ❖ Free complementary therapy taster sessions
- ❖ Hand massage taster sessions & workshops
- ❖ Fabulous sing-a-long session
- ❖ Seated yoga session
- ❖ Dementia Friends information sessions

Cake and other refreshments available.

For more info, contact the Namaste team on 020 8525 3165, or by email at namaste@stjh.org.uk.

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**St Joseph's
Hospice**

Founded in 1905 under the care of the Religious Sisters of Charity. Charity No. 1113125

Compassionate Community Care since 1905
Advocacy | Compassion | Justice | Quality | Respect