

## What is a Dementia Café?

Our Dementia café is a means of bringing people with dementia and their carers together with trained staff, in a relaxed, stress free environment to make informal contacts. The monthly get together will have a strong educational side, promoting self-reliance and self help.

It is open to persons with dementia, carers, family, and friends. We also encourage local professionals and business persons to attend.

Meeting the *second* Wednesday of each month between 9.30am and 12 midday at Café 1928, located in the Botanical Gardens, Bundaberg North.

