



Young Onset Community for people living with Dementia under 65

Programme of free activities 2025

**AUGUST 22nd - Sailing Club Boat Trip: Cruise down
the Helford River to Gweek
Port Navas Yacht Club**

**SEPTEMBER 5th - Drumming Circle with Simon
Williams
The Exchange, Penzance**

**OCTOBER 17th - Gong Bath with Aga
The Exchange, Penzance**

**NOVEMBER 14th - Yoga & Meditation with Anna
Lempriere
The Exchange, Penzance**

**Spaces are limited! Please book in
advance.**

**Email: cmcn@disabilitycornwall.org.uk
Phone: 07971290464**

