



**Alzheimer's
Society**

South Asian Community Brain Health Event for Dementia Action Week in Redbridge Central Library

Join us for an informative and engaging event focused on brain health, dementia, and Alzheimer's. We will have speakers from the Local Authority Redbridge Council, Local Memory Service, Local services/ Group and much more...

- Learn about cognitive decline and brain health and how to reduce your risk
- Connect with local health & wellbeing services
- Access support for you and your loved ones

Dates: Tuesday 20th May 2025
10:30 AM - 1:30 PM

Location: Redbridge Central Library,
Clements Rd, Ilford, IG1 1EA



Working in Collaboration with

London Borough of
Redbridge



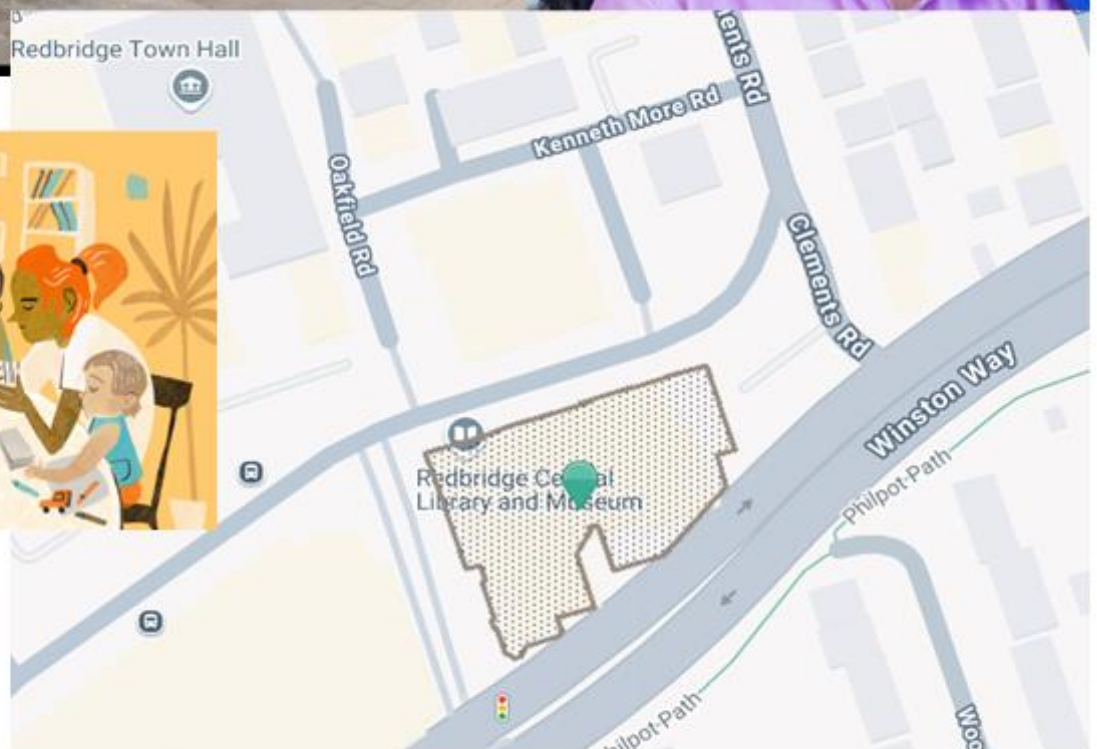
North East London
NHS Foundation Trust



Redbridge Carers
Support Service

Additional Information

No registration needed - just drop in!



For any questions or more info, please contact
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