

Maintenance Cognitive Stimulation Therapy

Fridays 10:00am–12:00pm

Supporting the Local Community

(MCST) is a weekly two-hour session for people living with mild to moderate dementia. Have fun taking part in activities, proven to help maintain memory and mental functioning.

To book a place or find out more please call 01229 831425 or email jjoel@ageukbarrow.org.uk

**Barrow Island Community & Sports Hub,
Island Rd, Barrow-in-Furness, LA14 2SB**

