



Stoke City Football Club  
**Community Trust**

**Stoke City Community Trust and Approach are working together to deliver Dementia Friendly social interaction and physical activity sessions for those living with mild to moderate dementia and their carers.**

Chair based exercises, light aerobic work to music and refreshments post session will provide the environment to interact, be active and engage to benefit the participants.

**Ricardo's BET365 Stadium, Sir Stanley Matthews Way ST4 4EG**

Thursday 10am until 12pm

## FREE DROP IN SESSIONS

To discuss further and book your place, please contact Approach.  
Email: [enquiries@approachstaffordshire.co.uk](mailto:enquiries@approachstaffordshire.co.uk) Phone: 01782 214 999  
Or via their social media channels.

