



We would like to invite you to join us at  
**York's Brain Health Café**  
At Acomb Garth Community Care Centre  
**Every Friday**  
(except bank holidays)  
**10am – 12pm**

Come along every  
Friday or drop in  
when you can  
**First Café is 17<sup>th</sup>  
March**

### What is the Brain Health Café?

A warm and friendly café where you can meet people and find out about brain health – with free tea and biscuits!

The café will happen weekly. On the first Friday of each month, we hold open days where a variety of organisations will be here to talk to. Each week we offer advice, activities and guest talks related to brain health and memory.

### Who is the café for?

Anyone who has any concerns about their memory or wants to know more about how to keep their brain healthy.

You may have been invited by your GP Service or the Memory Clinic, or you may have just seen it and want to come along. Everyone is welcome!

### How do I get to the café?

Acomb Garth Community Care Centre  
2 Oak Rise, Acomb, York YO24 4LJ

### Who might be there to offer support and advice?

There will be support and advice available from a variety of local providers such as Social Prescribers, Health Trainers, Memory Clinic Nurses, York Carers Centre, and others.

