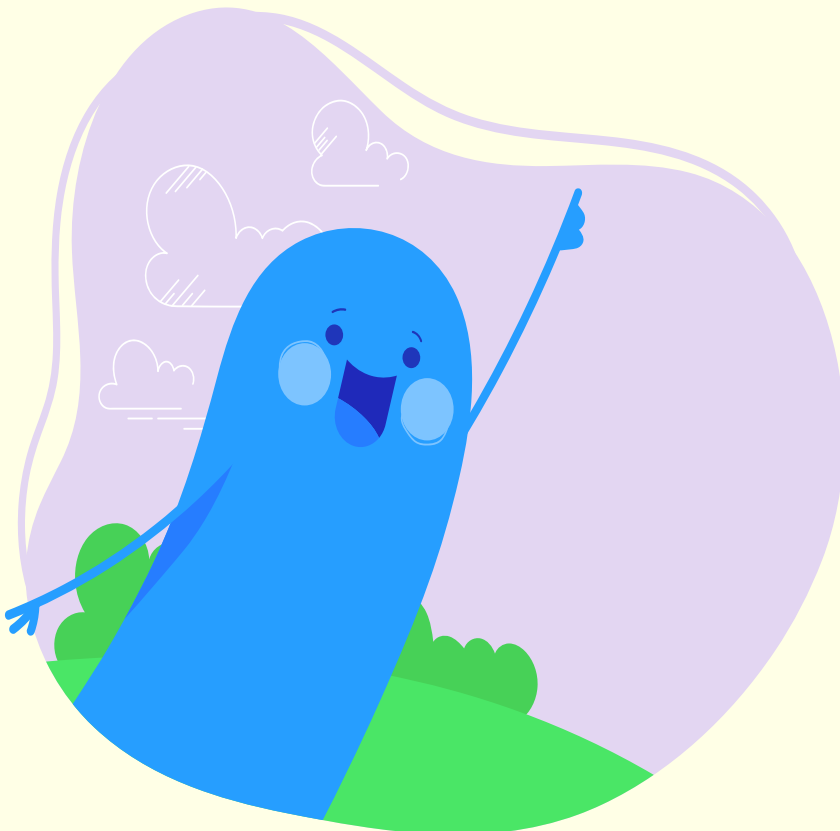


# HUB HEALTH DAY

**Dementia Action  
Week 2023**

**Friday 19 May  
11am - 2pm**

**One Colchester  
Community Hub  
4-6 Long Wyre Street  
CO1 1LH**



**Find out more about local  
dementia support!  
Come and talk to us for help with  
hearing health, free blood  
pressure checks and lifestyle  
advice, financial benefits advice  
including advice on attendance  
allowance, legal information,  
activities, information on dementia  
cafés and dementia-friendly coffee  
mornings.**

**Learn what you can do to mitigate  
your chance of developing  
dementia, plus much more!**

**For more details please contact  
t: 01206 505250 e: [information@community360.org.uk](mailto:information@community360.org.uk)**

**Community360**

Winsley's House, High Street, Colchester, CO1 1UG

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