



# POP INTO PARKLANDS!

Come and meet our friendly **Older Persons Mental Health Dementia Care Navigators** who are here to offer support and advice to those living with and caring for people with memory problems.

Delicious refreshments available  
No need to book!

**Every Friday from 11AM – 1PM**

@ Parklands Community Café

Parklands Park Road Cowes

For any enquires call 01983 220200

***Parklands, Park Road, Cowes, PO31 7LZ***