

Date & Time	Activity	How & Where
Monday 2:00pm	Keep Agile Class	Zoom
Tuesday 11:00-12:00 Every other Tuesday	Wellbeing & Support Group for Dementia Carers	Zoom
Tuesday 11:00-12:30pm	Keep Agile & activities session	Byw'n Iach Dwyfor Pwllheli
Tuesday 1:30-2:30pm	Keep Agile Class	Canolfan Bro Llanwnda Community Centre
Wednesday 10:30-12:00	Keep Agile Class	Dragon Theatre Barmouth
Wednesday 2:30-4:00pm	Keep Agile & activities session	Byw'n iach Dolgellau
Thursday 11:00am	Keep Agile Class	Zoom
Thursday 10:30-11:30am	Keep Agile Class	Cae Garnedd Bangor
Thursday 2:00-3:30pm	Keep Agile & activities session	Byw'n Iach Arfon Caernarfon
Thursday 1:30-2:30pm	Keep Agile Class	Community Hall Fairbourne
Friday 11:00-12:30pm	Keep Agile & activities session	Byw'n Iach Bro Dysynni Tywyn
Friday 11:00-12:00	Friday Meet Up	Zoom
Friday 1:30- 3:00pm	Keep Agile & activities session	Byw'n Iach Glaslyn, Porthmadog

For further information and to register for the zoom activities contact

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More information about Dementia Actif Gwynedd on our website:-

www.dementiaactifgwynedd.cymru