

***Know someone or have you just been diagnosed with Alzheimer's or any other causes of dementia?***

Life has been full of responsibilities?  
Challenges? Meeting people?

Feeling a loss of identity, self-respect,  
dignity?

Missing social and intellectual stimulation  
of peers?



## **PALZ UK**

Meetings every month alternating between  
Speaker meetings and Social meetings

Range of interesting speakers on a range of  
subjects, providing intellectual stimulation to  
those who just happen to have Alzheimer's  
or dementia from any other cause

Opportunity to meet others in a similar  
situation

Supportive friends and relatives are  
very welcome

### **To find out more:**

Email [info@palzglobal.org.uk](mailto:info@palzglobal.org.uk) or  
visit the website [www.palzuk.org.uk](http://www.palzuk.org.uk)

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***The purpose of the PALZ Group is to provide people who are now living with Alzheimer's (or dementia from other causes) with a social environment of peer support and mental challenge. These meetings aim to provide self-respect, confidence, mental stimulation and involvement for those who attend and their supporters.***