

Living Life to the Full

a series of talks at Bedford House

Bedford House will be hosting a series of important talks led by Dr Abbas (Medical Director at St Clare Hospice) relating to health and wellbeing. Join us to demystify these issues with experienced doctors and healthcare workers.

A Journey with Dementia Wednesday 22nd February 2023

Managing Diabetes Monday 27th March 2023

Each talk
costs £10

For more information and to book, please visit
our website, or email
admin@bedfordhouse.org.uk



www.bedfordhouse.org.uk



admin@bedfordhouse.org.uk



0208 504 6668



4 Westbury Road,
Buckhurst Hill, Essex, IG9 5NW

Registered Charity CIO No.1178692 England and Wales