

## **Marie Curie Living Well Centre** **Motor Neurone Disease** **(MND) Support Group)**



## **Have you or someone you know been diagnosed with MND?**

We can offer advice and support to you and your family in a relaxed and informal setting at the Marie Curie Wellbeing Centre.

Our **Monthly MND Support Group** can provide:

- Practical information and advice on living with MND
- Support for families and carers.
- Access to specialist professional advice.
- Complementary Therapy such as massage and reiki
- Relaxation sessions

Discussion is led by those in this group and guest speakers (including professionals) are invited to provide additional guidance and education as the group dictates.

This group supports individuals, their families and care givers.

Join us on the **first Tuesday of each month 1.30pm – 3.30pm** for Coffee, Cake and Chat – **Marie Curie Hospice, Marie Curie Drive, Elswick, Newcastle. NE4 6SS.**

No referral or appointment is required so please just come along.

**If you would like more information or to discuss any access or communication needs, please call the hospice on 0191 2191000 and ask for the Wellbeing Centre.**