



# MND Social Group Herefordshire

Held on the third Tuesday of the month  
2 - 4pm

Our group is a great place to meet other people living with MND and their family members. Join us to get together for a natter, swap tips and enjoy a hot drink and a piece of cake!

Volunteers and staff from the MND Association are on hand to provide you with useful information and help with signposting to other support services in your local area.

Come and join us at St Michael's Hospice, Bartestree, Hereford, HR1 4HA on:

January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 17, December 15

**For more information, please contact Marianne Grant  
01604 800 622 or email [marianne.grant@mndassociation.org](mailto:marianne.grant@mndassociation.org)**



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**[www.mndassociation.org](http://www.mndassociation.org)**

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