

LIVE

Dementia and Exercise WEBINAR

**Emma Haughton**Pure Training and
Development

Active Essex are pleased to offer **free** webinars online, as part of the:

Essex Health Series

The aim of these seminars is to provide anyone who delivers sport or physical activity with the latest information on ways to support people recovering from Covid-19, how this has impacted on those most vulnerable and opportunities for the Sport, Physical Activity and Leisure sector to support residents of Essex.

There will be a range of seminars over the coming weeks and months, as part of the Essex Health Series, with the next webinar taking place on:

Thursday 18th March, 9:30-11:00am

This short training seminar is designed to develop or update knowledge around dementia and the importance of physical activity and exercise. We will explore the different stages of dementia and the exercise considerations for each stage, highlighting the impact that Covid-19 has had, and could continue to have, on the development of cognitive conditions.

To book your space, visit: <https://www.activeessex.org/dementia-and-exercise-webinar/>