



Eat well, stay hydrated
and feel your best while living with
Dementia!

Tuesday 24th March 2026

11.00am - 12.00pm

We invite you to join us at Mallard Court's Memory Lane for our
Nutrition and Hydration event!

Here we will discuss healthy nutrition and hydration to support long
term health and happiness while living with a diagnosis of dementia!

Please come see the Admin Team or Phone 01262 401543 to RSVP



Mallard Court Care Home

Avocet Way, Kingsmeade, Bridlington, YO15 3NT

Tel: 01262 401543 • www.barchester.com

Nursing Care • Dementia Care • Respite Breaks