

Build Your Own Memory Kit Workshop!

Healthy Peninsula and the Blue Hill Library are hosting a memory-kit building workshop on **Wednesday, January 8th from 1-3 pm in the Howard Room of the Blue Hill Library**. This event is geared toward people living with dementia, their caregivers, and loved ones. Memory kits spark conversation and reminiscence for people living with dementia, memory loss, or cognitive impairment. Items in these kits are often chosen to stimulate sensory experiences, such as touch, hearing, sight, and smell. Attendees will be provided with the materials necessary to make a season-themed kit that they can take home after the workshop. We will also teach attendees how to make a memory kit from household items. Attendees are encouraged to bring items or photos that they would like to include in their or a loved one's kit. Beverages and snacks will be provided. The workshop is free, but space is limited. Please register with the Blue Hill Library by January 6th by calling (207) 374-5515 or emailing bhpl.net. For more information, contact the Blue Hill Library, or Healthy Peninsula at (207) 374-3257.

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