

# Food Buddies Winter Tips Launch



**Come and join us for a light lunch & mince pies to launch our Winter Tips book**

**Thursday 15<sup>th</sup> December**

**11am-1.30pm**

**Lesser Hall, St Boswells**

**Food Buddies shares ways for people to enjoy food as we get older, including people living with dementia and their families. We have put together some practical tips & recipes that people living with dementia and their families have shared with us into our Winter Tips book. We would love to know what you think? For more information about Food Buddies or our Winter Tips launch please contact Jan Laing on 07732927724 or [jan@otbds.org](mailto:jan@otbds.org)**

