



motor neurone disease  
association



# 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:

Tuesday 18th Mar  
Tuesday 15th Apr  
Tuesday 20th May  
Tuesday 17th Jun  
Tuesday 15th Jul  
Tuesday 19th Aug  
Tuesday 16th Sep  
Tuesday 21st Oct  
Tuesday 18th Nov  
Tuesday 16th Dec

**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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