



DEMENTIA

HOW TABLE TENNIS CAN HELP



Learn new skills

Stimulates brain function

Improves memory

Increases concentration

Improves mood

Helps functional skills

Improves sleep

Increases alertness

Helps with hand/eye coordination



Helps heart health

Encourages social contact



Improves self-esteem

Improves confidence

Develops tactical thinking skills

Improves cognition

Improves physical fitness



Contact us to find out more

pinginthecommunity.co.uk

