

# Memory Loss: A Guide to Next Steps

Have you recently been diagnosed with mild cognitive impairment or dementia? Join the UW Memory & Brain Wellness Center for this 90-minute intro session.

Discover steps others have taken to live well with memory loss. Get your questions answered and learn about resources for more education and support. You'll leave feeling encouraged for the path ahead!

A free program, offered monthly at Harborview Medical Center.

**1:30—3 p.m.**

**2nd Thursday of the month**

**2019 Session Dates:**

**1/10, 2/14, 3/14, 4/11, 5/9, 6/13**

**7/11, 8/8, 9/12, 10/10, 11/14, 12/12**



## **Session highlights:**

- Question and answer time with a memory clinic medical provider and volunteer peer mentors—others living with memory loss who share from their own experience
- Orientation to our handbook, “Living with Memory Loss”
- Review of helpful websites

Space is limited, RSVP required by Wednesday before.

Contact Mari Becker at the UW Memory & Brain Wellness Center  
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