



Strength for the Journey

A 6-week small group experience for
people living with early stage memory loss

Mondays, 10:15-11:45 am
April 10—May 15
Harborview Medical Center, Seattle

Come together to explore inner strengths and emotions, hopes and fears, and strategies for living with memory loss. Program offered through the UW Memory & Brain Wellness Center and the Spiritual Care Department.

Session Topics

- Telling our Stories
- Growing through Challenging Times
- Our Relationships
- Hopes and Fears
- Being with the Unknown
- Living in our New Reality

“You’re not alone—that’s what you get from this group!” ~ Bob B.

A free program, registration required by 4/5.

Contact Mari Becker at the Memory & Brain Wellness Center,
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