

Garden Discovery Walks

Savor the season — explore nature with others living with memory loss and family and friends!

Summer 2019

First Fridays

7/5, 8/2, 9/6

10 a.m. - 12 p.m.



Enjoy a walk through a local public garden, followed by a creative, nature-inspired project led by a registered horticulture therapist. Light refreshments provided. Our short walks are at an easy strolling pace, usually with places to rest along the way.

Walks limited to 15 participants. Locations vary by month.

FREE! Pre-registration required:

Cayce Cheairs, (206) 615-0100, cayce.cheairs@seattle.gov



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