

## **Aging with Pride: IDEA**

**Are you or someone you know experiencing  
memory loss or difficulty remembering?**

Check out this free six-week program to:

Reduce stress

Increase physical activity

Help solve problems related to memory loss

This program is for the LGBTQ community, whether you are the person  
experiencing memory loss or their care partner.

**The pair will be compensated \$125 for their time.**

To learn more and to check eligibility:

**1-888-655-6646 | [ageIDEA@uw.edu](mailto:ageIDEA@uw.edu) | [ageIDEA.org](http://ageIDEA.org)**

This program is offered by the University of Washington and community partners  
in Seattle, San Francisco, and Los Angeles