

A photograph of two people standing on a rocky mountain peak, silhouetted against a clear blue sky. Both individuals have their arms raised in a celebratory gesture. The background shows a vast landscape of rolling mountains and valleys under a bright sky.

Do you live with
Younger-onset Alzheimer's?

**GET READY TO
S.O.A.R.!**

**You are strong.
Alzheimer's doesn't change that.**

With the S.O.A.R. (Shared Outdoor Adventures for Resilience) Program, reinforce your strengths and connect with others through monthly small group hikes and other outdoor adventures in the Seattle area, from July 2024 - June 2025.

For people diagnosed with Alzheimer's or another dementia before age 65, who attend alongside a family member or friend.

A free program offered by the UW Memory & Brain Wellness Center, with hikes led by a Lifelong Recreation Specialist from Seattle Parks and Recreation.

2024-2025 Season

New Participant Orientation:

10-10:30 a.m.

Thursday June 27

Online by Zoom

- Learn about the program
- Meet program staff and other participants
- Get your questions answered

More info and register:

www.thememoryhub.org/page/soar