



The Memory Hub

Dancing Together

Want to connect with others, boost your mood, and express yourself in a new way?

Join UW Medicine physician and dancer Dr. Julia Becke for Dancing Together - an adaptive dance class designed for people with cognitive impairment and their care partners!

Dancing Together is based on a model from Canada's National Ballet School. Enjoy moving to music, exploring various dance styles and having fun with familiar songs!

No dance experience necessary; appropriate for people with limited mobility. Free and open to the public - just drop in at the Memory Hub, 1021 Columbia St. . Seattle.

SUMMER 2026

Join us from 1-2 p.m. on
select Wednesdays:

Jul 1 & Jul 15
Aug 5 & Aug 19
Sep 2 & Sep 16



Special Event:
Dancing Together
at the Frye
Thursday, Sept 10, 1-2p.m.
Frye Art Museum

Sign up for class schedule updates at www.tinyurl.com/DancingTogether2026.