



The Memory Hub

Dancing Together

Ready 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 living 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.

**Offered on select
Wednesdays
from 1-2 p.m.:
Jan 7, Jan 21,
Feb 4, Mar 4,
Mar 18**



**Special Event:
Dancing Together
at the Frye
Thursday Feb 12, 1-2 p.m.
Frye Art Museum**

For more info, call the Memory Hub front desk at 206-616-6035.
Sign up for class schedule updates at www.tinyurl.com/DancingTogether2026.