

# DANCING TOGETHER

A seated dance and movement class  
for people with memory loss and their caregivers



## 1-2 p.m. Wednesdays

Jan 15, Jan 29 | Feb 5, Feb 12 | Mar 5, Mar 19

The Memory Hub, 1021 Columbia St, Seattle

Come together to move to music, exploring various dance styles and having fun with familiar songs! Dancing Together is based on adaptive dance programs for people with cognitive impairment developed by Canada's National Ballet School. It is also appropriate for people with limited mobility.

No dance experience necessary.

Free and open to the public - just drop in!

Class offered by Julia Becke, MD, a UW Medicine physician who was the Memory Hub's first Artist in Residence in Fall 2024.

Questions: Marigrace Becker, 206.543.2440, mbecker1@uw.edu



The Memory Hub