

Caregiver Workshop: Dancing Together in Everyday Life



**Friday
November 6
1:30-3:30 pm**

The Memory Hub, 1021 Columbia St, Seattle

Join Dr. Julia Becke, dancer and UW Medicine physician, for this interactive caregiver workshop. Gain confidence and tools to incorporate simple movement and dance elements into your home routines with your loved ones. All dementia caregivers welcome – no dance experience necessary! A free workshop, thanks to support from Skyline Seattle. Space is limited; registration required. Optional concurrent program for your loved one with dementia is available on-site, courtesy of Elderwise adult day program.

SIGN UP: 206.616.6035

www.tinyurl.com/DancingTogetherWorkshop

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