

*Dementia-Friendly*

# LEGACY LETTERS



When: November 7 – December 5 (Tuesdays 12:00-1:30pm)

Where: The Memory Hub (1021 Columbia St, Seattle, 98104)

**Space is limited, sign up** by calling Marigrace at 206-543-2440 or email [mbecker1@uw.edu](mailto:mbecker1@uw.edu)



Join our first Dementia-Friendly program to create a letter about your personal legacy!

Participants will be guided through sharing and preparing an important story from their lives in partnership with a UW student.

For adults over 55 with early stage memory loss. No writing experience necessary.

*A free program, lunch included*

**UW Medicine**  
MEMORY & BRAIN WELLNESS CENTER

**Healthy Generations**  
The Goldsen Institute - University of Washington

**King County**  
Veterans, Seniors & Human Services Levy