

Join us for an educational and inspiring afternoon with national award-winning speaker Loretta Veney!



WEDNESDAY, OCTOBER 11

1-2 p.m. Caregiver Workshop:

Understanding Alzheimer's and What to Expect

Learn the symptoms of each stage of the disease and come away with strategies for handling common caregiving challenges.

3-4 p.m. LEGO "Building Memories" workshop

In this unique demonstration, discover ways to use LEGO bricks to build connections with people living with memory loss. Open to people with memory loss, caregivers, and the wider community.

Location: Central Area Senior Center | 500 30th Ave S, Seattle



Offered in partnership by the UW Memory and Brain Wellness Center, Aging and Disability Services, and the Alzheimer's Association. Light refreshments included.

Register at the Central Area Senior Center Front Desk or call 206-726-4926