



UW Medicine  
MEMORY & BRAIN  
WELLNESS CENTER



# MEMORY LOSS: A GUIDE TO NEXT STEPS

A free one-time introductory class for people diagnosed with mild cognitive impairment or dementia and their families.

2 - 3:15 p.m. on the 2nd Thursday of the month:  
1/11, 2/8, \*3/14, 4/11, 5/9, \*6/13

\*Starred sessions are **in person** at the Memory Hub, 1021 Columbia St, Seattle. Other sessions are **virtual** using Zoom (online or by phone)

Space is limited. Register at least 2 days in advance.  
Contact Marigrace Becker at 206-543-2440,  
mbecker1@uw.edu or scan QR Code to the right:

