



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

2025 Dates: 1/9, 2/13, 3/13*, 4/10, 5/8, 6/12*,
7/10, 8/14, 10/9, 11/13, 12/11*

*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:

