

Were you diagnosed with memory loss
or dementia before age 65?

Get ready to SOAR!



More info and register:
thememoryhub.org/page/soar

Questions:
mbecker1@uw.edu
206-543-2440

You are strong.

Your diagnosis doesn't change that.

With SOAR (Shared Outdoor Adventures for Resilience), stay active and connect with others through monthly small group hikes in the Seattle area.

For people diagnosed with memory loss or dementia before age 65, who attend alongside a family member or friend.

A free program offered by the UW Memory & Brain Wellness Center, with hikes led by a Lifelong Recreation Specialist from Seattle Parks and Recreation.

2026-2027 Hikes:

7/23/2026: Schmitz Park
8/27/2026: Richmond Beach
9/8/2026: Oxbow Loop Trail
10/15/2026: Des Moines Creek Loop
11/19/2026: Tradition Lake Loop
12/17/2026: Green Lake Loop
1/21/2027: Discovery Park Loop
2/18/2027: Redmond Watershed
3/18/2027: Dash Point State Park
4/15/2027: Gasworks Park
5/20/2027: Hamlin Park Loop
6/24/2027: Retreat at Golden Gardens