

Do you live with
Younger-onset Alzheimer's?

**GET READY TO
S.O.A.R.!**



**You are strong.
Alzheimer's doesn't change that.**

With the S.O.A.R. (Shared Outdoor Adventures for Resilience) Program, reinforce your strengths and connect with others through monthly small group hikes and other outdoor adventures in the Seattle area.

For people diagnosed with Alzheimer's before age 65, alongside a family member or friend.

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

Learn more!

Kickoff Event:

Wed, July 12 | 10 a.m. - 2 p.m.

Wisteria Hall, Arboretum, Seattle

- Program Overview
- Group Activities
- Guided Walks
- Lunch

A free event. Register by Monday 7/10:
<https://tinyurl.com/SOARKickoff>

More info:
mbecker1@uw.edu, 206.543-2440

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