

# DANCING TOGETHER

*A seated dance and movement class for people with memory loss  
and their caregivers*



The Memory Hub



**1-2 p.m. Wednesdays**  
**October 16 - December 4**

Join the Memory Hub Artist in Residence Dr. Julia Becke for a taste of her Dancing Together program! Throughout the class, we'll move together to music, exploring different dance styles and having fun with familiar songs. Based on adaptive dance programs for people with cognitive impairment developed by Canada's National Ballet School, Dancing Together is also appropriate for people who require assistive mobility devices such as canes, walkers and wheelchairs.

No dance experience necessary. Free and open to the public - just drop in!

**Questions:** Marigrace, 206-543-2440, [mbecker1@uw.edu](mailto:mbecker1@uw.edu)

Class offered by Dr. Julia Becke  
Memory Hub 2024 Artist in Residence  
UW Medicine Physician