



Strength for the Journey

A 6-week group for people with early stage memory loss

Wednesdays

10 - 11:30am

Oct 11 - Nov 15

Harborview Medical Center, Seattle

Come together to explore inner strengths and emotions, hopes and fears, and strategies for living with memory loss. Program offered through the UW Memory & Brain Wellness Center and the Spiritual Care Department.

Session Topics

- Telling our Stories
- Growing through Challenging Times
- Our Relationships
- Hopes and Fears
- Being with the Unknown
- Living in our New Reality

"You're not alone—that's what you get from this group!" ~ Bob B.

A free program, registration required by 10/6
Contact Mari Becker at the Memory & Brain Wellness Center,
(206) 744-2017, mbecker1@uw.edu

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