

Garden Discovery Walks

Winter 2018

Savor the season and explore nature with others living with memory loss and family and friends



First Fridays

FREE!

10 a.m. – 12 p.m.

Friday, 2/2: Conservatory, Volunteer Park

Friday, 3/2: Center for Urban Horticulture, UW Botanic Gardens

Enjoy a walk through a Seattle public garden, followed by a creative, nature-inspired craft led by a skilled facilitator. Light refreshments provided, bring a bag lunch (optional).

Register by Tuesday beforehand:

Cayce Cheairs, (206) 615-0100, cayce.cheairs@seattle.gov

*Offered in
partnership:*



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Parks & Recreation
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MEMORY & BRAIN
WELLNESS CENTER