

# Garden Discovery Walks

## Spring 2019

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

### First Fridays

3/1, 4/5, 5/3,  
10 a.m.-12 p.m.



Enjoy a walk through a Seattle public garden, followed by a creative, nature-inspired project led by registered horticulture therapist Laura Rumpf. Light refreshments provided, bring a bag lunch (optional). Our short walks are at an easy strolling pace, usually with places to rest along the way.

**Walks limited to 15 participants. Locations vary by month**

**Pre-registration required:**

Cayce Cheairs, (206) 615-0100, [cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

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