



UW Medicine  
MEMORY & BRAIN  
WELLNESS CENTER



# MEMORY LOSS: A GUIDE TO NEXT STEPS

A free one-time introductory class for people diagnosed with mild cognitive impairment or dementia and their families.

2 - 3:15 p.m. on the 2nd Thursday of the month:

7/14, 8/11\*, 9/8, 10/13\*, 11/10, 12/8

\*August and October sessions are **in person** at the Memory Hub, 1021 Columbia St, Seattle.

Other sessions are **virtual** using Zoom (online or by phone).

Space is limited. Register 2 days in advance.  
Contact Marigrace Becker at 206-744-2190,  
mbecker1@uw.edu or scan QR Code to the right:

