



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:  
1/14, 2/11, 3/11, 4/8, 5/13, 6/10

Offered **virtually** with a free application called "Zoom."  
Join by video online, or call in with your phone.

Space is limited; Register 2 days in advance.  
Contact Marigrace Becker:  
206-744-2190, [mbecker1@uw.edu](mailto:mbecker1@uw.edu)