

# Seattle's Central District: Walk & Remember!



Photo credit: OHSU/Kristyna Wentz-Graff

## Participate in SHARP: Sharing History through Active Reminiscence and Photo-Imagery

### Participation

Summer walks are underway, and there's still time to join a group in August or September!

For more info or to sign up, e-mail Anthony Cryer at [anthonyc@casrcenter.org](mailto:anthonyc@casrcenter.org) or call 206-726-4926.

Participate in SHARP Seattle, a culturally engaging walking and brain health program that aims to improve cognitive health among older African Americans with ties to Seattle's Central District.

You may be eligible to participate if you are:

- At least 55 years old
- African American
- Living in (or have lived) in Seattle's Central District
- Experiencing (or not) mild memory loss
- In good general health
- Able to walk one mile

Participation will include neighborhood walks three times per week for four (4) weeks and engaging in small-group discussions about memories of living and working in the Central District.

Funding provided by the Neighborhood Matching Fund, Seattle Department of Neighborhoods, City of Seattle.

Sponsors include:

- Aging and Disability Services, Seattle Human Services
- Alzheimer's Association, Washington State Chapter
- Black Heritage Society of Washington State
- Central Area Senior Center
- de Tornay Center for Healthy Aging, UW School of Nursing
- Memory and Brain Wellness Center, UW Medicine
- Oregon Health & Science University
- Seattle Parks & Recreation



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