

Do you live with Younger Onset Alzheimer's? **GET READY TO S.O.A.R.**



You are strong.

Alzheimer's doesn't change that.

In S.O.A.R. (Shared Outdoor Adventures for Resilience), reinforce your strengths by completing a series of "low ropes course" challenges in a supportive team environment. For people diagnosed with Alzheimer's before age 65, alongside a family member or friend. A program of UW Memory & Brain Wellness Center, with instructors from Northwest Teambuilding and sponsorship from Jefferson House Memory Care Community and The Inn at Belle Harbour.

2 session options:

12-4 pm Fri Aug 23

12-4 pm Tues Sep 10
Bellevue, WA

A free program; \$25 suggested donation per pair supports UW Memory & Brain Wellness Center programs.

Register 1 week in advance.

More info or to register:
mbecker1@uw.edu, 206.744.2017

Thank you to our sponsor:

