

**Were you diagnosed with memory loss  
or dementia before age 65?**

# ***Get ready to SOAR!***



## **You are strong.**

Your diagnosis doesn't change that.

With SOAR (Shared Outdoor Adventures for Resilience), stay active and connect with others through monthly small group hikes in the Seattle area.

For people diagnosed with memory loss or dementia before age 65, who attend alongside a family member or friend.

A free program offered by the UW Memory & Brain Wellness Center, with hikes led by a Lifelong Recreation Specialist from Seattle Parks and Recreation.

## **2025-2026 Hikes**

7/17/25: Seward Park

8/21/25: Lake Sammamish Beach Trail

10/16/25: Luther Burbank Park

10/30/25: Mercer Slough

11/20/25: Carkeek Park Salmon Walk

12/18/25: Ballard Locks/Discovery Park

1/15/26: Downtown Waterfront Park

2/19/26: Evans Creek Preserve

3/19/26: Bridle Trails State Park

4/16/26: Marymoor Park Heron Walk

5/21/26: Edmonds Marina Beach Park

More info and register:

[www.thememoryhub.org/page/soar](http://www.thememoryhub.org/page/soar)

Questions:

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**UW Medicine**  
**MEMORY & BRAIN**  
**WELLNESS CENTER**