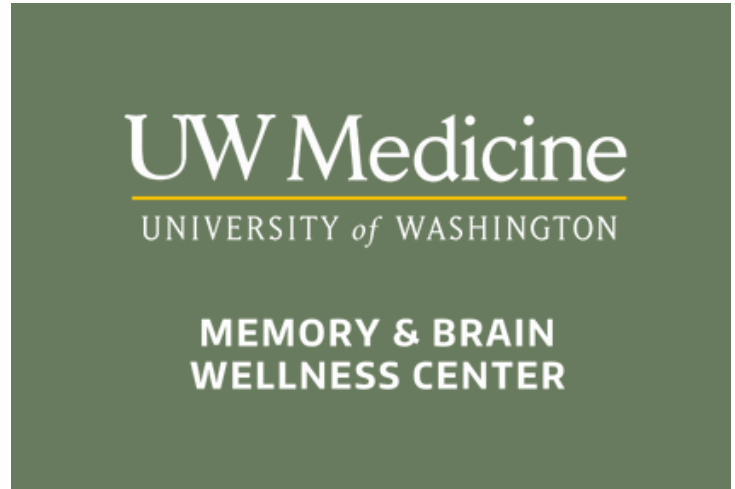


# MEMORY LOSS: A GUIDE TO NEXT STEPS

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



Offered the 2nd Thursday of each month from 2-3:15 p.m.: Jan 8, Feb 12, Mar 12\*, Apr 9, May 14, Jun 11\*, Jul 9, Aug 13, Sep 10\*, Oct 8, Nov 12\*, Dec 10

\*Starred 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. Registration required.  
Contact Marigrace Becker at 206-543-2440,  
mbecker1@uw.edu or scan QR Code to the right:

