



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:

1/12, 2/9, 3/9\*, 4/13, 5/11, 6/8\*

\*March and June 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. Register at least 2 days in advance. Contact Marigrace Becker at 206-543-2440, mbecker1@uw.edu or scan QR Code to the right:

