



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:
7/6*, 8/10, 9/14, 10/12, 11/9, 12/14

*July session meets on the 1st Thursday. September and November 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:

