

Do you live with
Younger-onset Alzheimer's?

**GET READY TO
S.O.A.R.!**



You are strong.

Alzheimer's doesn't change that.

With the S.O.A.R. (Shared Outdoor Adventures for Resilience) Program, reinforce your strengths and connect with others through monthly small group hikes and other outdoor adventures in the Seattle area.

For people diagnosed with Alzheimer's before age 65, who attend alongside a family member or friend.

A program of the UW Memory & Brain Wellness Center, with hikes led by a Lifelong Recreation Specialist from Seattle Parks and Recreation. Made possible through support from the I'm Still Here Foundation.

2024-2025 Hike Schedule

July 18, 2024: Lincoln Park Troll

Aug 29, 2024: Flaming Geyser State Park

Sep 19, 2024: Twin Falls

Oct 17, 2024: Issaquah Troll

Nov 21, 2024: Rainier Beach

Dec 19, 2024: Bellevue Botanical Garden

Jan 16, 2025: Magnuson Park

Feb 20, 2025: Madrona Gnome Walk

Mar 20, 2025: Coal Creek Falls

Apr 17, 2025: Meadowdale Beach Park

May 15, 2025: Snoqualmie Falls

More info and register:

www.thememoryhub.org/page/soar

Questions:
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