

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action

Are you or someone you know experiencing memory loss?

Check out a free 6-week program for the LGBTQ community to reduce stress & increase physical activity.
This program is offered virtually using easy video chatting!

To learn more and to check eligibility:

1-888-655-6646 | ageIDEA@uw.edu | ageIDEA.org

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