

Dementia-Friendly

LEGACY

LETTERS



When: November 7 – December 5 (Tuesdays 12:00-1:30pm)

Where: The Memory Hub (1021 Columbia St, Seattle, 98104)

Space is limited, sign up by calling Marigrace at 206-543-2440 or email mbecker1@uw.edu



Join our first Dementia-Friendly program to create a letter about your personal legacy!

Participants will be guided through sharing and preparing an important story from their lives in partnership with a UW student.

For adults over 55 with early stage memory loss. No writing experience necessary.

A free program, lunch included

UW Medicine
MEMORY & BRAIN WELLNESS CENTER

Healthy Generations
The Goldsen Institute - University of Washington

 **King County**
Veterans, Seniors & Human Services Levy