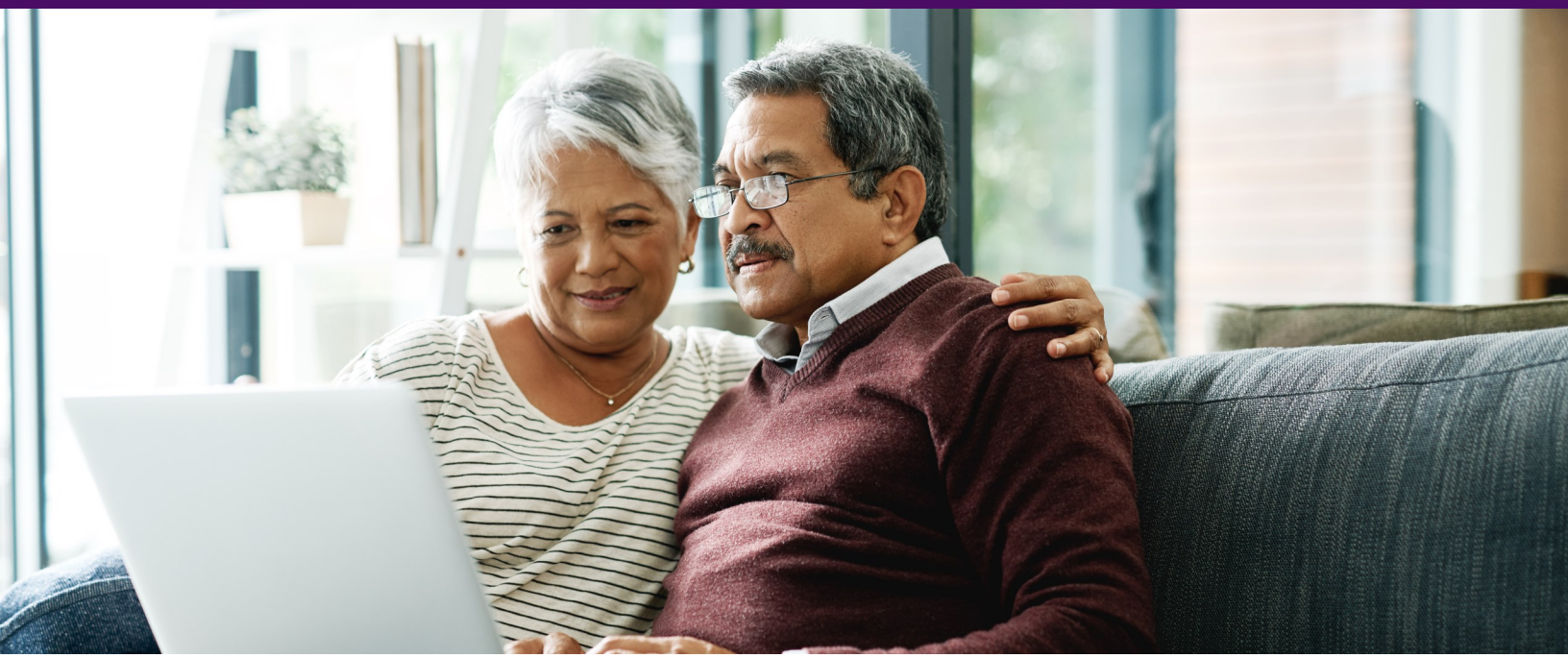
Staying Connected



A small group seminar for people with Early Stage Memory Loss and a Care Partner. Held in 4 sessions.

Join us to learn about:

- Coping with daily challenges of Memory Loss.
- Staying engaged in the things you love to do.
- The importance of activity, family, and social relationships.
- How your mood can affect your memory and what to do to improve it.

Seminar is provided in partnership with:
SE WA ALTC

ALTC Aging & Long Term Care
Southeast Washington
Aging & Disability Resource Center

In-Person Classes starting soon!

Details available at registration.

Pre-registration required.

Call Aging and Disability Resource Center

1(855)567-0252

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