

# STAYING CONNECTED

## A FOUR-WEEK SMALL GROUP SEMINAR FOR PEOPLE WITH EARLY STAGE MEMORY LOSS AND THEIR CARE PARTNERS

September 24<sup>th</sup>, October 1<sup>st</sup>,  
October 8<sup>th</sup>, October 15<sup>th</sup>

Tuesdays 11:00-12:30

Silverdale, WA

Pre-Registration Required

206-529-3884

Meet others who are experiencing mild, early stage memory loss. Care partners can be a spouse or partner, adult child, other relative, or friend.



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How do you and others cope with daily challenges of memory?

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What is the role of activity, family, and social relationships in maintaining your quality of life?

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How can your mood affect your memory, and what can you do to improve it?

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How can you make realistic plans to ensure you will be prepared for future needs?

For more information or to register, call:

206-529-3884