

Staying Connected

Early Stage Memory Loss Group

Did you know that staying socially active and keeping your mind engaged can benefit your *mood* and *memory*?

In this four-week program, participants learn:

- How to cope and live with having early memory loss
- Strategies to stay involved in enjoyable activities
- How to talk about memory loss with friends and family

Care partners (partner, friend or relative) join each session.
There is no cost to attend.



Fridays:

**Nov. 3, 10 & 17
and Dec. 1, 2017**

(No meeting Nov. 24)

Mid-mornings

**Whitman Hospital
Education Building
1200 W. Fairview St.
Colfax, WA 99111**

Pre-registration is required.

**For more information or to register
call 509.456.0456 Ext. 8314**



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