

# Staying Connected

## Early Stage Memory Loss Workshop

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 help carry out enjoyable pastimes
- How to communicate memory loss to others

*Care partners (partner, friend or relative) join each session.*

**There is no cost to attend!**



DAYSTAR  
RETIREMENT VILLAGE

**Tuesday Afternoons**

**Starts May 2, 2017**

**Four-week series**

**Daystar in West Seattle**



**Pre-registration is required.**

**Call 206-529-3870 for more information or to register.**



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Alzheimer's Association, Washington State Chapter  
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