

# 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.**



**Tuesdays:  
May 18 & 25  
and June 1 & 8, 2021  
3 to 4:30 p.m.**

**Virtual Online Webinar  
Computer with Webcam  
is Necessary to Participate.**

**Pre-registration is required.**

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



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