

A Walk in the Park for people living with Alzheimer's disease and other dementias

Janice King, author of Eastside Seattle Walks
will lead a gently-paced walk at Confluence
Park, 595 Rainier Boulevard N, in Issaquah



Date: July 10th

Time: 10:30-11:30 am

Meeting place: the Picnic Shelter

Park Amenities include:

- Benches
- Creek
- Natural Open Space
- Picnic Tables
- Restrooms
- Gravel and Dirt Paths

Who should attend?

- People with memory loss/ dementia accompanied by family or friend.
- People who can walk on uneven ground without assistance
- Sorry, this is not a walker/cane friendly walk

Bring a snack and drink, weather appropriate clothes, comfortable shoes and a big old smile!

To register please contact Allyson Schrier,
allysonv@msn.com or 425-358-1009



MOMENTIA

