

Improve Your and Your Loved Ones'

**Brain Health** 

It's never too early or never too late to improve your brain health. Join us to learn more.

Around 125,000 people in Washington state are currently living with dementia. This number is expected to double in the next twenty years. Early dementia diagnosis is crucial; and you may be able to reduce your and your loved ones' risks and get connected to resources in your community.

