



Sail on in to the
**Young Adult
Stroke Survivors**
Saturday, Mar 17, 2018
1:00 – 3:00

Provail/BrainWorks
12700 Aurora Ave. N, Seattle
206-457-4841

This Month

Bob Ewing from Footloose Sailing

will tell us about their program for disabled sailing on Lake Washington.

Yes, you can sail, regardless of your disability. Spring and summer are right around the corner, so come learn how you can get out on the wind and water!

Driving Directions to the Provail/Brain Works meeting site:

1. From I-5 northbound: take the NE 130th St exit and head westbound on NE 130th.
2. From I-5 southbound: take the NE 145th St exit and head westbound on NE 145th.
3. Turn left (south) onto Aurora Ave. N.
4. At N 127th St. use the left-turn lane to turn left into the Provail / FastSigns lot. We are in the 12700 building, north of the parking lot, in the same building as FastSigns.
5. Wheelchair vehicles use the upper lot, others the lower. Entry is from the upper lot – look for YASS signs.

CAREGIVERS

A UW-sponsored caregivers group meets at 1:30 in the next room, so caregivers are welcome to attend either meeting (or both).

OUR LIBRARY

Our librarian Duane Retel will have all our materials at the meeting for you to browse and borrow. Contributions are welcome!

As usual, coffee and beverages will be served, and a variety of tasty snacks.

Need to contact me? Gerrit Barrere 206-241-7693 or SeattleYASS@gmail.com

See our website at www.SeattleYASS.weebly.com