

# Join the Movement Become a Dementia Friend



Dementia Friends Michigan (DFMI) is a one-hour informational session designed to help you understand how to better communicate and support those with dementia.

## What you'll learn:

- Raise your awareness
- Learn dementia friendly practices
- How to take action in your community
- What it's like to live with the disease
- Effective communication and support

## As a Dementia Friend you will:

- Be a support to your friends and family
- Change the way you think, act, and talk about dementia
- Contribute to a dementia friendly community

## Upcoming Sessions\*:

10:30 am - 12:00 pm

Thursday, November 30, 2023- Zoom

Thursday, December 14, 2023- In-person

Thursday, January 18, 2023- Zoom

Thursday, February 15, 2023- In-person

*Registration Required!*

Online at [www.aaawm.org/dfmi](http://www.aaawm.org/dfmi)

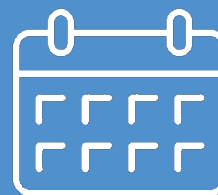
Phone: (616) 456-5664

*\*Sessions are taking place via Zoom or in-person at 3215 Eaglecrest Drive NE, Grand Rapids, MI. This will follow an every-other-month pattern indicated next to each month.*



## Over 6 million

people live with dementia in the U.S.



## 2017

DF program was established in Michigan



## More than 3,500

current Dementia Friends in Michigan

*Source: Dementia Friends USA*