

# 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:

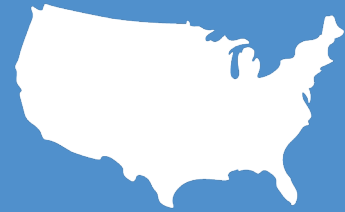
- Strategies for effective communication
- Early warning signs & symptoms
- What it's like to live with dementia
- How to connect with local resources
- There's more to the person than their dementia

## 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

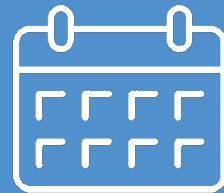
## Upcoming Sessions\*:

10:30 am - 12:00 pm | Thursdays  
December 12, 2024- In-Person  
January 16, 2025- via Zoom  
February 20, 2025- In-Person  
March 13, 2025- via Zoom  
April 10, 2025- In-Person



## Over 6 million

people live with dementia in the U.S.



## 2017

DF program was established in Michigan



## More than 3,800

current Dementia Friends in Michigan

*Source: Dementia Friends USA*

*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.*