

# 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:

- **Monday, April 18: 2:00 - 3:30 pm**
- **Thursday, June 9: 2:00 - 3:30 pm**
- **Thursday, Sept. 15: 2:00 3:30 pm**

*Sessions held via GoToMeeting, a free, easy-to-use virtual platform.*

## Registration Information:

**Advance registration required. To register:**

- Use the link: <https://tinyurl.com/AAA1BFriends>
- Or scan the QR Code

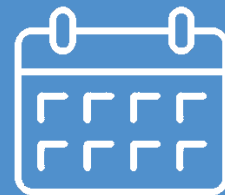


**Questions? Call Andrea Lang  
(248) 251-6261 or email [ALang@aaa1b.org](mailto:ALang@aaa1b.org)**



## Over 5 million

people live with dementia in the U.S.



## 2017

DF program was established in Michigan



## More than 2,000

current Dementia Friends in Michigan

*Source: Dementia Friends USA*