



Join the global movement to change the way people think, act and talk about dementia!

### How do I become a Dementia Friend?

You become a Dementia Friend by attending a one-hour information session to learn five key messages about living with dementia, and the simple things you can do to make a difference in your community.

### What Happens at the Information Session?

The session is a discussion led by a volunteer Dementia Friends Champion. You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. The session is available in several languages and for adults, youth, and kids. It is free of charge.



You don't need to be a dementia expert to become a Dementia Friend.

You don't need to know someone with dementia to become a Dementia Friend.

Learn more at [www.dementiafriendsma.org](http://www.dementiafriendsma.org)

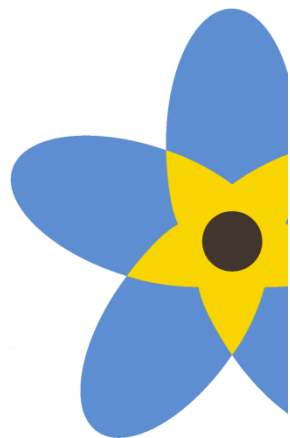


### Participants say:

*"This has opened my eyes."*

*"I wish I'd known this five years ago when my family was going through it."*

*"I will be much more aware at work and out in my community."*



**Dementia Friends** is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in Massachusetts and across the United States. Visit [www.dementiafriendsma.org](http://www.dementiafriendsma.org) or contact Beth Soltzberg at [bsoltzberg@jfcscboston.org](mailto:bsoltzberg@jfcscboston.org) to learn more!

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