

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

### **How do I become a Dementia Friend?**

You will become a **Dementia Friend** by attending this 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?** This free information 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.

### **Participants say:**

*"This has opened my eyes."*

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

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

**When & Where: May 23 at 2pm, Pilgrim Church**

**Champion: Rev. Reebee Kavich Girash**

**RSVP: [pastor@pilgrimcongregational.org](mailto:pastor@pilgrimcongregational.org)**

**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. To learn more, visit [www.dementiafriendsma.org](http://www.dementiafriendsma.org) or contact Beth Soltzberg at [bsoltzberg@jfcscoston.org](mailto:bsoltzberg@jfcscoston.org)

