

# Become a Dementia Friend!



**Dementia  
Friends  
Iowa** 

A Dementia Friendly America initiative

*Join a growing movement of  
people like you who are helping  
fellow community members live  
with dementia.*

Become a Dementia Friend by attending a one-hour informational session to learn about living with dementia and the simple things you can do to support someone living with the disease. You don't need to be a dementia expert or know someone with dementia to become a Dementia Friend.

## What Happens at the Information Session?

- Free one-hour session is a discussion led by a Dementia Friends Champion.
- Learn some basics of dementia, tips for communicating with people who have dementia, and community resources
- Find out how to be supportive of people with dementia in your community.
- Join in on a session or schedule one for your group/organization.

*To find an upcoming session  
visit our website*

**DementiaFriendlyIowa.org**

*or call*

**Megan Zimmerman**

**319-287-1182**

***Supported by***

