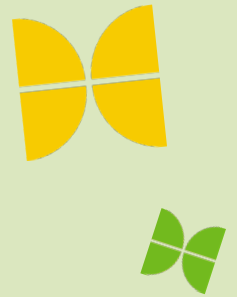


# Become a Dementia Friend

Free 60-Minute Information Session - All are welcome!

## Receive information about:

- ✦ Dementia and the most common type
- ✦ 5 key messages to know
- ✦ Communication tips and strategies
- ✦ Ways to take action
- ✦ How to keep your brain healthy
- ✦ Resources and support



## Session Information:

**Date:** April 14, 2025

**Time:** 10:00-11:30 am

**Location:** 1021 Columbia St.  
Seattle, WA 98104

**RSVP/Questions:**  
karenadz@uw.edu

