



Dementia
Friendly America
FAIRFAX • VIRGINIA

A Member of the Dementia Friendly America Network

DEMENTIA FRIENDS INFORMATION SESSION

FIRST FRIDAYS & THIRD THURSDAYS

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. You can help by becoming a Dementia Friend today.

AFTER PARTICIPATING IN A DEMENTIA FRIENDS SESSION, PARTICIPANTS CAN:

- Describe dementia and know the most common type of dementia
- State the five key messages about dementia
- Explain one approach to effectively communicate with a person with dementia
- Commit to an action as a Dementia Friend in your community

When? Every month, First Fridays at 1:00 pm and Third Thursdays at 10:00 am.

Where? Virtual! Register today at DFFairfax.org and receive log-in information.

Cost: Free!

ABOUT DEMENTIA FRIENDLY FAIRFAX

Dementia Friendly Fairfax envisions our community as a place where people living with dementia and their care partners will be able to engage in a variety of activities, be supported in the highest quality of life, and can live independently for as long as possible. Dementia Friendly Fairfax initiative started through a partnership with Goodwin House, Insight Memory Care Center and Fairfax County Commission on Aging and Area Agency on Aging.

Learn more: DFFairfax.org



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703-204-4664
InsightMCC.org