



Become a Dementia Friend

Attend a free, 1-hour information session with a trained volunteer Champion to:

- Learn the 5 key messages about how dementia affects people.
- Gain insight into communication changes.
- Find out how you can make a difference by turning your understanding into action.

LOCATION: Linden/Chambers Community Room

Lunch Provided

DATE: Tuesday, February 10, 2026

TIME: 12:00 PM to 1:30 PM

RSVP: Stephanie Knoch; #(781) 444-2415

Or Email: sknoch@needhamcouncil.org

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."

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 State. To learn more, visit www.dementiafriendsma.org or contact Beth Soltzberg at bsoltzberg@ifcsboston.org

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