

2024 DEMENTIA FRIENDS OHIO SESSIONS & CHAMPIONS TRAININGS

PRESENTED BY THE OHIO COUNCIL FOR COGNITIVE HEALTH

Please join us for a free, virtual **Dementia Friends Session** with optional **Dementia Friends Champions training** offered twice a month. The daytime offering will occur on the second Thursday from 12:00 - 2:30 p.m. and the evening offering on the fourth Tuesday from 6:00 - 8:30 p.m.

Attendees interested in becoming a *Dementia Friend** will participate for the first 75 minutes. Attendees seeking to become a *Dementia Friends Champion*** will participate for the entire 2.5 hours. **Please note, pre-registration is required by using the links below.**



What is Dementia Friends?

*Dementia Friends is a global, call-to-action movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States. The goal is to help everyone in a community understand how dementia impacts individuals and families, and things we can each do to make a difference in the lives of those affected. In this free, virtual, one-hour session we will cover the basics of dementia including common types, signs and symptoms, communication tips, community resources and more. An emphasis on positive messaging and dementia stigma reduction is a key part of this program, designed to reach audiences in all community sectors.

**A Dementia Friends Champion designation is received after attending a 2.5 hour free, virtual training which includes a Dementia Friends session and additional information, resources and materials needed by Champions to deliver free virtual or in-person Dementia Friends sessions throughout their communities.

2024 Daytime Sessions 12:00-2:30 pm ET Second Thursday of every month

Daytime Registration Link: <https://us02web.zoom.us/meeting/register/tZUpde6orDwjHtVf4q2BlEh9Gj2UKpJbkUh0>

- Jan 11th
- Feb 8th
- Mar 14th
- Apr 11th
- May 9th
- Jun 13th
- Jul 11th
- Aug 8th
- Sep 12th
- Oct 10th
- Nov 14th
- Dec 12th

2024 Evening Sessions 6:00-8:30 pm ET

Fourth Tuesday of every month (except for Nov and Dec due to the holidays, see dates below)

Evening Registration Link: <https://us02web.zoom.us/meeting/register/tZAKd-qhrjwGdXSAmptgEp3JjICyZUhArC>

- Jan 23rd
- Feb 27th
- Mar 26th
- Apr 23rd
- May 28th
- Jun 25th
- Jul 23rd
- Aug 27th
- Sep 24th
- Oct 22nd
- Nov 19th
- Dec 17th

Please reach out to Elizabeth Kinzig (ekinzig@ocfch.org) or Marty Williman (mwilliman@ocfch.org) with questions or for more information.