



**Dementia Friendly Denver**  
Presents

## ***Free Lunch n Learn-Dementia 101*** ***Reducing Your Risk for Alzheimer's/Dementia***

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a White House Conference on Aging not for profit, volunteer based initiative whose mission is to make communities across the nation more dementia friendly, reduce dementia stigma, and improve the quality of life for those living with Alzheimer's disease and other dementias.

*Topics include:*

What is the difference between dementia and Alzheimer's disease?  
What are the most common types of dementia?  
What are the warning signs for dementia?  
Cognitive issues might not be dementia  
How to get a dementia diagnosis  
Dementia communication tips  
Caregiver challenges and self-care  
Resources available in the Denver area  
How we can make Denver more dementia friendly  
The latest hopeful research updates  
Things you can do right now to reduce dementia risk or delay onset



Presenter – JJ Jordan

*JJ is the CEO of the Jordan Consulting Group, where she teaches, speaks and consults on dementia topics. She is also an associate with a business psychology firm where she provides employee assistance plan coaching for clients dealing with family members with Alzheimer's or other forms of dementia. JJ can be reached at - [Dementiafriendlydenver.org](http://Dementiafriendlydenver.org)*

***Saturday November 17 from 11:30-12:30***



***Memory Lane Event Center***

**9335 Commerce Center St, Unit B-4  
Highlands Ranch 80129**

**RSVP-303-468-2820**