



Benevilla®



FREE EDUCATIONAL WORKSHOP

Stronger Together: Dementia Friends, Families & Brain Health

Dementia affects many individuals and families, yet it's often misunderstood. This informative workshop builds understanding, compassion, and practical skills to support people living with dementia and those who care for them. Participants will learn how small actions can make a meaningful difference while gaining tools and resources to foster more dementia-friendly communities.

This presentation will cover:

- What dementia is (and is not) and why understanding it matters for our communities
- Becoming a Dementia Friend: learning how small actions can make a big difference for people living with dementia and their care partners
- How dementia impacts individuals, families, and caregivers, including emotional, social, and practical challenges
- Brain health and dementia risk factors, along with evidence-based steps to support brain health at any age
- Practical strategies for caregiving, communication, and support across the dementia journey
- Local community resources and supports available for individuals living with dementia and their families
- Time for questions and discussion with presenters



Courtney Allen

*Vice President of
Program Operations
at Benevilla*



Michelle Bradley

*Memory Care
Navigator at Sun
Health*



Tuesday, March 24



1:00 PM



**Benevilla Education
Center**

14601 N Del Webb Blvd
Sun City, AZ 85351



**Reservations Required to
Ensure Space is Available.**
Visit [Benevilla.org/workshops](https://www.benevilla.org/workshops)
to sign up or call 623-584-4999



Participants will leave with a better understanding of dementia, concrete ways to offer support, and Dementia Friends certification.