



**Dementia Friendly Denver, LoDo District and LoDo Cares
Present**

Dementia 101 - Reducing Your Risk for Alzheimer's/Dementia

Monday, September 24 - Fogo de Chao, 1513 Wynkoop St.

5:00 - 5:45 pm Cash Bar Happy Hour

5:45 - 6:45 pm Dementia Presentation

6:45 - 7:00 pm Conclusion – Socializing

**LoDo Businesses – Invite Your Employees to Attend!
LoDo Residents & General Public Welcome!**

Admission is Free – RSVP Requested at dementiafriendlycolorado@gmail.com

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a not for profit, volunteer based initiative whose mission is to make communities across the nation more dementia friendly and to improve the quality of life for those living with Alzheimer's disease and other dementias and their family care partners. Dementia Friendly Denver offers one hour dementia education programs at no cost to community, business, government and academic groups.

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

How we can make Denver more dementia friendly

Resources available in the Denver area

The latest promising research updates!

12 things you can do right now at any age to reduce dementia risk or delay onset



Presenter – JJ Jordan

After a corporate management career at IBM and McKinsey, JJ Jordan reinvented herself in the field of Alzheimer's/Dementia after three of four parents in her immediate family were diagnosed with the disease. She was a family caregiver for 16 years.

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 has been a volunteer for the Alzheimer's Association's for 18 years. She recently served a six year term on their Board of Directors and currently serves on their Speaker's Bureau and as their Public Policy Ambassador to Capitol Hill. JJ is also the volunteer Community Chair for Dementia Friendly Denver.