



# How to Learn More

## 1. Watch for Upcoming Events

Visit the Alzheimer Society of Saskatchewan's website to discover additional learning opportunities and upcoming events. Find upcoming event details here:

<https://alzheimer.ca/sk/en/whats-happening/programs-events>

## 2. Become a Dementia Friend

Dementia Friends receive regular resources to help them continue to learn more about dementia and increase understanding about how their everyday interactions can be more supportive and inclusive for people affected by it. By becoming a Dementia Friend, you can help build more dementia friendly communities... one Friend at a time!

To sign up, please email: [lquennell@alzheimer.sk.ca](mailto:lquennell@alzheimer.sk.ca)

## 3. Call the Dementia Helpline

If you're looking for more information about our programs and services or how the Alzheimer Society can help you or your family, call our toll-free Dementia Helpline. The Helpline is available province-wide, 8:30am - 4:30pm, Monday to Friday.

Call 1-877-949-4141 or email: [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

