



# Let's Talk Dementia

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## Let's Talk Dementia

Let's Talk Dementia is an education session designed to build awareness, reduce stigma, and support those impacted by dementia. The presentation explores the differences between normal aging and early signs of dementia, helping participants gain a clearer understanding of when to seek support. This session equips participants with practical tools and strategies to foster dementia-inclusive environments, while also sharing programs, services, and resources offered by Alzheimer Calgary.

## Presentation provided by:

Jenna Jepson Community Engagement Coordinator, Alzheimer Calgary

Jenna is a dedicated community engagement and education professional with Alzheimer Calgary, committed to enhancing awareness, understanding, and support for people living with dementia and their care partners. With a background in community outreach Jenna develops and delivers accessible education sessions, builds partnerships with organizations, and engages communities in creating dementia-inclusive spaces. Passionate about reducing stigma and promoting meaningful connections, Jenna empowers families, caregivers, and professionals with knowledge, tools, and resources to improve quality of life and foster compassionate, informed communities.

