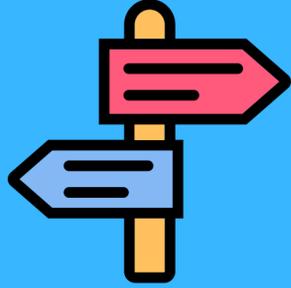


Symptoms of Alzheimer's disease



Memory Loss
(new information)



Spatial Memory Issues
(navigating familiar places)



Impaired Judgement
(issues managing finances, planning activities)



Language Issues
(finding words, remembering faces)



Psychological Symptoms
(depression, anxiety)

What can you do to optimize your brain health?

Increase Physical Activity



Reduce Alcohol and Smoking



Get Enough Sleep
(7-9 hours/night)



Manage Blood Sugar, Cholesterol, Blood Pressure



Social Engagement
(friends, family)



Healthy Diet
(fruits, vegetables)

