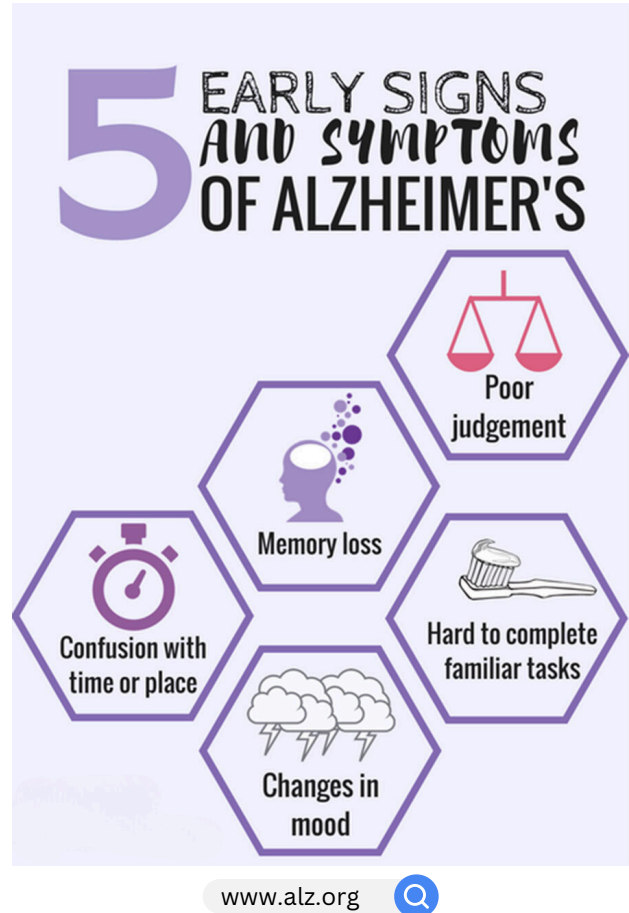


# ALZHEIMER'S & BRAIN AWARENESS MONTH

June is Alzheimer's and Brain Awareness Month. Alzheimer's is a disease that causes memory loss, deteriorates thinking skills, affects the ability to carry out simple tasks and alters the person's mood and behavior. Symptoms may vary among individuals impacted by the disease but the symptoms generally worsen over time, resulting in dependent living.

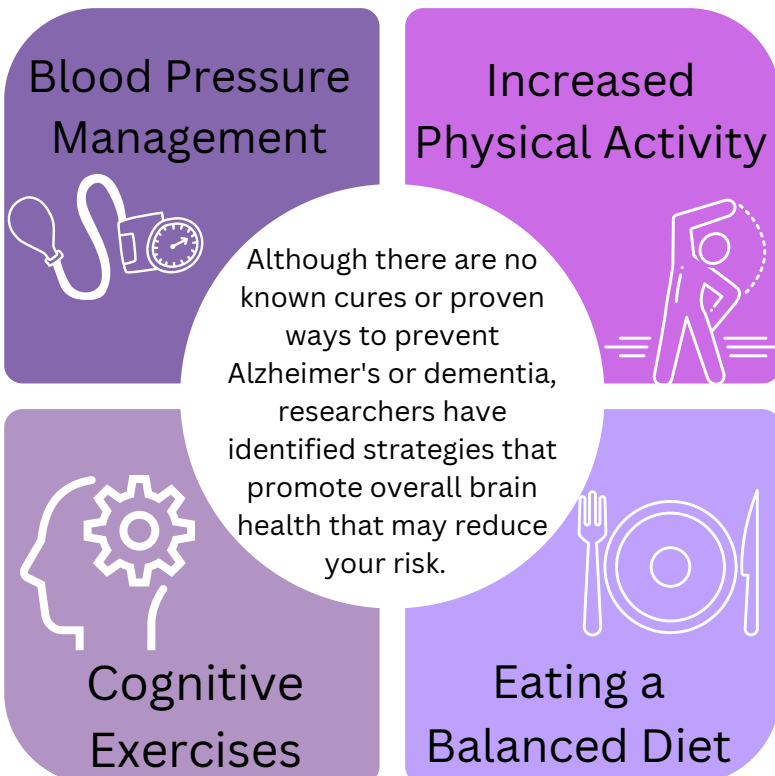
**5 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S**



- Confusion with time or place
- Memory loss
- Changes in mood
- Poor judgement
- Hard to complete familiar tasks

[www.alz.org](http://www.alz.org)

## Can dementia be prevented?



**Blood Pressure Management**

**Increased Physical Activity**

**Cognitive Exercises**

**Eating a Balanced Diet**

Although there are no known cures or proven ways to prevent Alzheimer's or dementia, researchers have identified strategies that promote overall brain health that may reduce your risk.

## MENTAL HEALTH CORNER

Did you know mental health plays a role in brain health? When we care for our mental health, it can improve our brain's functions such as cognitive skills, sensory, social-emotional, and behavioral health.