World Alzheimer's Month



Can we reduce the risk?



Dementia

Be physically active



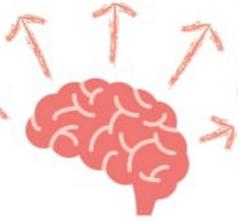
Follow a healthy diet



Challenge your brain



Look after your heart



Enjoy social activity

To find out more visit:

www.alz.co.uk/WAM



@AlzDisInt #WAM2014



The global voice on dements