

World
Alzheimer's Month

September

Alzheimer's Disease
International

Dementia

Can we reduce the risk?



2

**Be physically
active**



3

**Follow a
healthy diet**



4

**Challenge
your brain**



1

**Look after
your heart**



5

**Enjoy social
activity**

To find out more visit:

www.alz.co.uk/WAM

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**Alzheimer's Disease
International**

The global voice on dementia