



JUNE 2022

Is Alzheimer's and Brain Awareness Month

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks. It's important to understand that Alzheimer's is a brain disease—it's not a normal part of aging.

June is Alzheimer's and Brain Awareness Month, a time meant to reinforce that your brain is a vital organ. It manages your ability to communicate, make decisions and live a full, independent life. There is currently no cure for Alzheimer's, but there are some ways to support brain health. Lifestyle habits like exercising regularly, eating a healthy diet, avoiding alcohol and tobacco, sleeping enough, and challenging your mind through learning or games can help reduce the risk of cognitive decline.

Contact us to learn more about Alzheimer's and other dementias.