

ACT ON ALZHEIMER'S

BUILDING A DEMENTIA FRIENDLY COMMUNITY FOR PATIENTS AND CAREGIVERS LIVING IN GRANITE FALLS AND SURROUNDING COMMUNITIES

FOUR TIPS FOR BRAIN HEALTH

Adopt a Healthy Diet

- ◆ Fruits, Veggies, nuts, whole grains
- ◆ Eat Fish & Poultry twice a week
- ◆ Cut back on sweets, soda and salt
- ◆ Use olive oil instead of butter when cooking



Stay Physically Active

- ◆ Exercise Daily
- ◆ Walk for 5-10 minutes
- ◆ Do seated exercises
- ◆ Join a group exercise class



Stay Mentally & Socially Active

- ◆ Spend time with family & friends
- ◆ Learn something new
- ◆ Engage in music or art
- ◆ Read or listen to talking books



Are You Worried About Your Memory?

- ◆ Talk about it with your doctor
- ◆ It may be a curable illness
- ◆ If it is Alzheimer's, treatment and support can help maintain your quality of life



LIVING AT HOME BLOCK NURSE PROGRAM PRESENTS

ACT ON ALZHEIMER'S BUILDING DEMENTIA FRIENDLY COMMUNITIES

We Act Because We Care

