

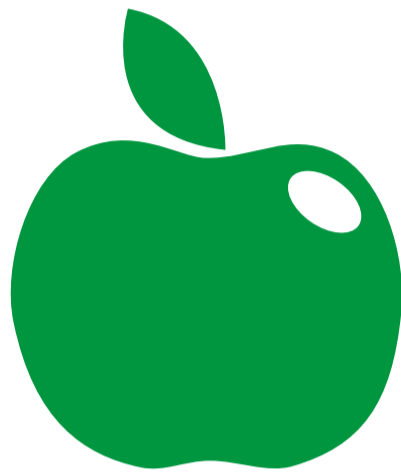
Dementia

Can we reduce the risk?



2

Be physically active



3

Follow a healthy diet



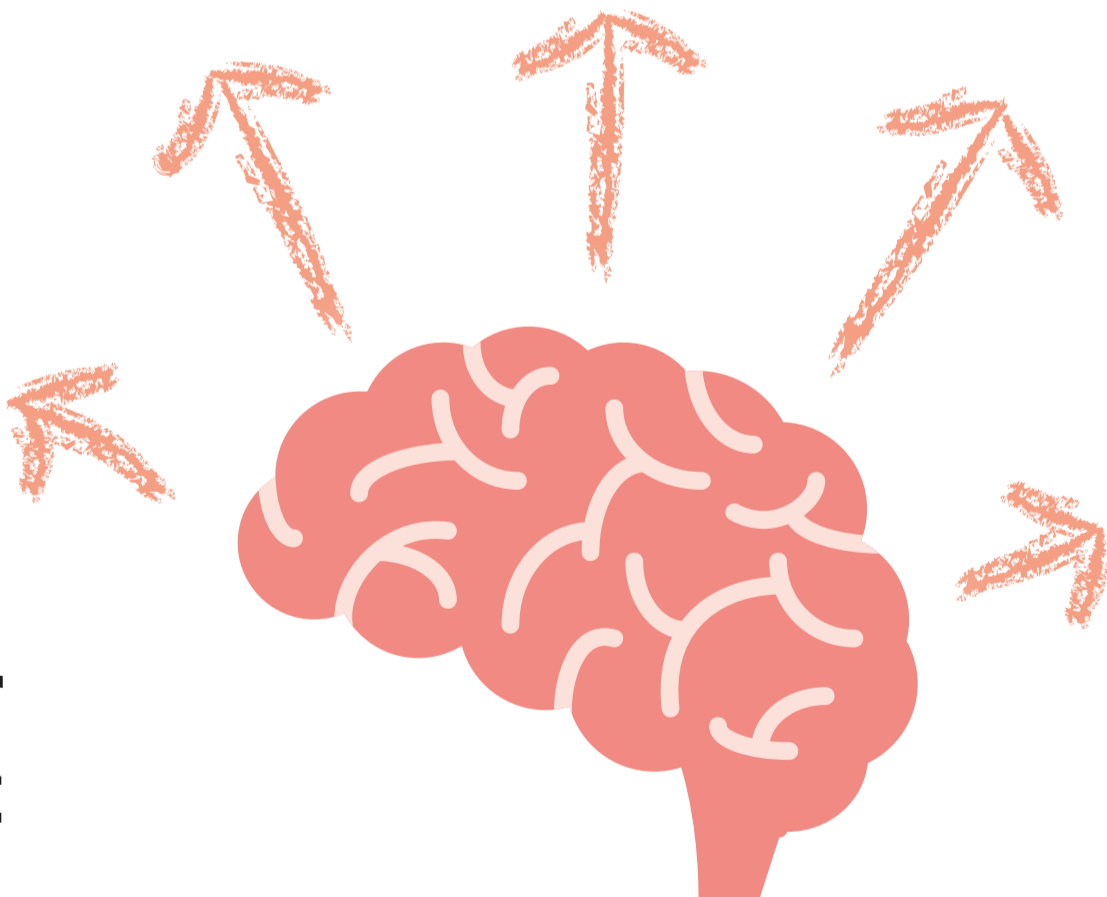
4

Challenge your brain



1

Look after your heart



5

Enjoy social activity

To find out more visit:

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**Alzheimer's Disease
International**

The global voice on dementia