

HealthReach Community Health Centers

June 2019

June is....
**Alzheimer's and Brain
Awareness Month**

10 Early Signs and Symptoms of Alzheimer's:

- Disruptive memory loss
- Challenges in problem solving
- Confusion with time or place
- Trouble with visual images
- Decreased or poor judgment
- Withdrawal from social activities
- Changes in mood and personality
- Difficulty completing familiar tasks

*Get checked. Early
detection matters.*

10 Ways to Love Your Brain:

- Exercise
- Avoid tobacco products
- Protect your head from injury
- Choose healthy foods
- Interact with others
- Challenge and activate the mind



Resources:

https://www.alz.org/alzheimer_s_dementia
<https://www.alz.org/abam/overview.asp>
https://www.alz.org/help-support/brain_health/10_ways_to_love_your_brain