

4 ways to help reduce your risk of dementia

FOCUS ON HEALTHY FOODS

Eat healthy foods daily to help reduce high blood pressure and avoid diabetes. Both conditions may increase the risk of dementia.

Choose fruits, vegetables, whole grains, and traditional nourishing foods as often as possible.

BE ACTIVE

Exercise improves blood flow, which can help keep your brain healthy.

Walk, dance, garden, hike or bike - find your favourite activities and do them regularly.



STAY CONNECTED WITH COMMUNITY

Spending time with others may reduce the risk of developing dementia.

Share stories, enjoy meals together, and attend community gatherings.

LEARN SOMETHING NEW

Learning is good for your brain – and even better if you do it with others.

Learn something new – like a new language, a new type of exercise or a new hobby.

For more information on reducing the risk of dementia
visit Gotoinfo.ca/PHAC-dementia

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Mail to: Suite 200 - 38 Auriga Drive Nepean, Ontario K2E 8A5

Phone/ Fax: 1-866-440-7257

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