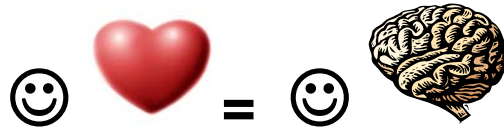


Healthy Brain Initiative



A healthy heart = a healthy brain

How do you keep your heart and brain healthy?

See your doctor and manage your numbers:

Blood sugar

Cholesterol

Blood pressure

African Americans, especially those ages 42-64, bear a disproportionate burden of chronic diseases, including vascular diseases and cognitive decline.

By making simple, healthy choices you can lessen your risk of developing Alzheimer's disease or other dementias.

To learn more, contact the Alzheimer's Association, Georgia Chapter.

404.728.1181

www.alz.org/georgia

alzheimer's  association®