

send

We use our e-mail all day long, so why not send a message that's worth passing along?

Share "Inside the Brain: An Interactive Tour" with a friend or colleague – it takes you on a multimedia tour of what goes on inside your brain each day.

Check it out at www.alz.org/brain.

eat

Your brain – like the rest of your body – needs a healthy diet. Load up on dark-skinned fruits and vegetables high in antioxidants, like spinach, broccoli, carrots, blueberries and plums. Eat cold-water fish, like salmon, for beneficial omega-3 fatty acids. And get your daily dose of vitamin E from nuts like almonds and walnuts.

**Learn more about brain-healthy foods
at www.alz.org/illinois.**

move

**Healthy bodies house healthy brains, so remember
to get up and get moving!**

**Leave your desk for a few minutes to get a breath
of fresh air, take a lap around the office or hike a
few flights of stairs. Your body – and your brain
– will thank you!**

**Get your dose of exercise by joining an
Alzheimer's Association Memory Walk®.**

Visit: www.alz.org/illinois

speak

**Help stop government cuts to federal funding
for vital Alzheimer research and support.**

**Our advocates work tirelessly to speak out for
those disabled by Alzheimer's disease and in
support of research to find a cure.**

You can, too. Join them in spreading the word.

Join us at

www.alz.org/illinois/in_my_community_advocate.asp