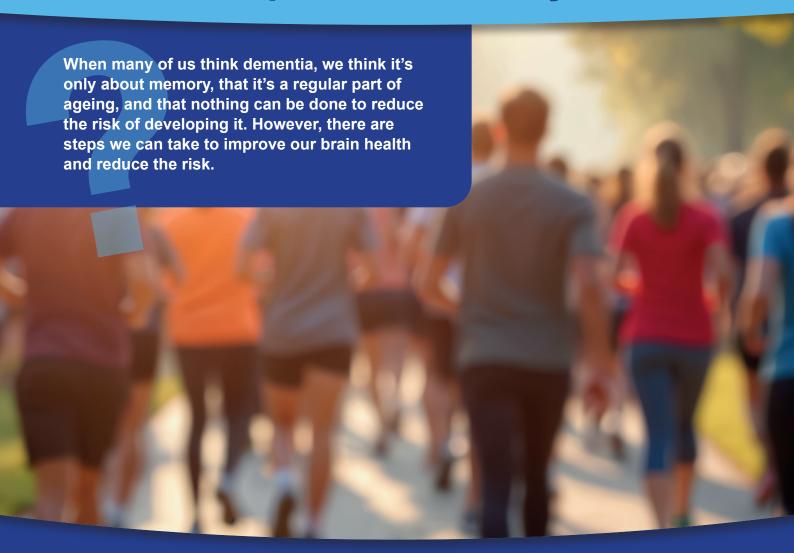


What Impacts a Healthy Brain



People who want to reduce the risk of dementia should consider: caring for hearing loss or vision loss, treating depression, decreasing or stopping smoking, decreasing or stopping alcohol use, getting involved with your community, caring for vascular conditions, and working out.

If you would like to learn more about behaviours that impact dementia, scan the QR code.





Email: info@memorysupportherts.org.uk Phone: 0300 131 3946

Hours: Mon-Fri 9:30am - 4:00pm