



Memory Support Hertfordshire

*Local connection, information and advice for
everyone affected by dementia and memory loss*

What Impacts a Healthy Brain

When many of us think dementia, we think it's only about memory, that it's a regular part of ageing, and that nothing can be done to reduce the risk of developing it. However, there are steps we can take to improve our brain health and reduce the risk.



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.



Herts Mental Health,
Learning Disability and
Neurodiversity Health
and Care Partnership

Email: info@memorysupportherts.org.uk

Phone: 0300 131 3946

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