

Dementia

How to keep your brain healthy



Dementia is not a normal part of getting older

There are things you can do to help keep your brain healthy:



Take care of your sight and hearing



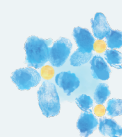
Quit, or cut down on smoking



Don't drink too much alcohol



Look after your mental health



Memory Support
Hertfordshire

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

Look after your heart and make sure to exercise



Be active

It's important to be a part of your community



Community Life



Email: info@memorysupportherts.org.uk



Phone: 0300 131 3946



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

Scan the QR code to learn more



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

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