

ALZHEIMER'S PREVENTION SHOULD BE ON YOUR BRAIN.

It's time to think about how you can help prevent and/or delay the onset of Alzheimer's and other dementias. Read something new. Choose foods like salmon and walnuts that are rich in omega-3 fatty acids. Break a sweat. These are just a few healthy habits that will give your brain a boost!



Learn more at
idph.iowa.gov or
scan using your
camera app:



ALZHEIMER'S PREVENTION SHOULD BE ON YOUR BRAIN.

Here's something important to think about. When you eat foods that are rich in omega-3 fatty acids like salmon, sardines, eggs and walnuts, you can help lower your risk and/or delay the onset of Alzheimer's and other dementias. Eat up!



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Here's something important to think about. Reading something new every day can help lower your risk and/or delay the onset of Alzheimer's and other dementias.
Time to put your library card to good use!



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ALZHEIMER'S PREVENTION SHOULD BE ON YOUR BRAIN.

Here's something important to think about. By chowing down on foods that are rich in omega-3 fatty acids like walnuts, salmon, sardines, and eggs, you can help lower your risk and/or delay the onset of Alzheimer's and other dementias. Go nuts!



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ALZHEIMER'S PREVENTION SHOULD BE ON YOUR BRAIN.

Here's something important to think about. Being physically active can help you lower your risk and/or delay the onset of Alzheimer's and other dementias. So put on your sweatbands and aim to exercise at least 30 minutes a day!



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