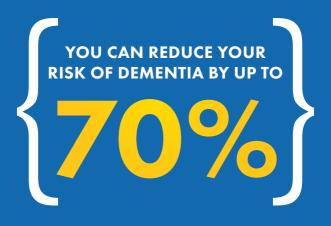




DEMENTIA RISK REDUCTION





Take a quiz to find out what you can do to reduce your risk of dementia: idph.iowa.gov/save-your-brain

SAVE YOUR BRAIN PRESERVE YOUR MEMORY AND THINKING SKILLS

EAT WELL



Berries – like blueberries

and strawberries



Leafy greens

– like spinach

and kale



Fish – especially salmon and fresh tuna



exercise

Resistance training Balance and flexibility training

STAY SHARP



Read a book and discuss with others



Learn something new – like an instrument or language

BE SOCIAL



Talk to people you can rely on



Establish a circle of friends