

# DEFY DEMENTIA

REDUCE YOUR RISK  
KEEP IT SIMPLE



Educating and empowering you to reduce your dementia risk

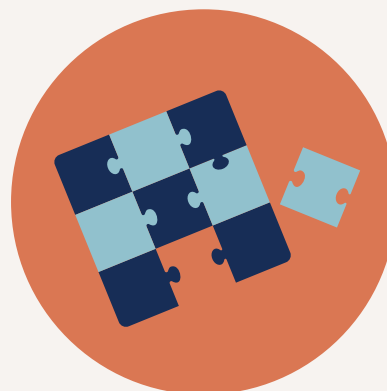
## DEMENTIA RISK FACTORS



Vision & hearing



Social isolation & loneliness



Cognitive engagement



Exercise



Diet



Air pollution



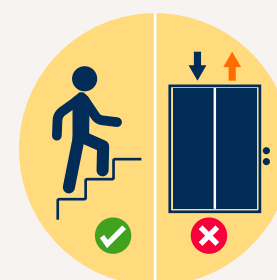
Sleep

## HOW CAN YOU TAKE ACTION?



Think about your current lifestyle habits and what you want to change.

All risk factors are important. Start with one simple change: for example, use the stairs instead of an elevator or develop a bedtime routine.

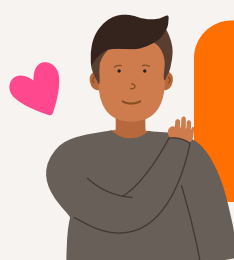


When you get used to one lifestyle change, incorporate another one for ongoing brain benefits.

When you are ready, try an activity that lowers multiple risk factors: for example, a cooking class will teach you something new, allow you to interact with others, and may even lead to a brain healthy diet.



Remember, the ultimate goal is to decrease your dementia risk and improve your brain health.



Be easy on yourself - change is hard. You don't have to be perfect.

Scan the QR code to donate



For more information, visit [defydementia.org](http://defydementia.org)