

Reducing your risk of dementia

Did you know that by leading a healthy lifestyle you can reduce your risk of developing dementia?

*Whats good
for the heart
is good for
the brain.*

To find out more visit:

warwickshire.gov.uk/dementia

Creating a Dementia Friendly Warwickshire

You can make a huge difference to the lives of people living with dementia in Warwickshire.

Become a Dementia Friend and learn more about what it's like to live with dementia and turn that understanding into action. It takes just five minutes.



To find out more visit:

dementiafriends.org.uk