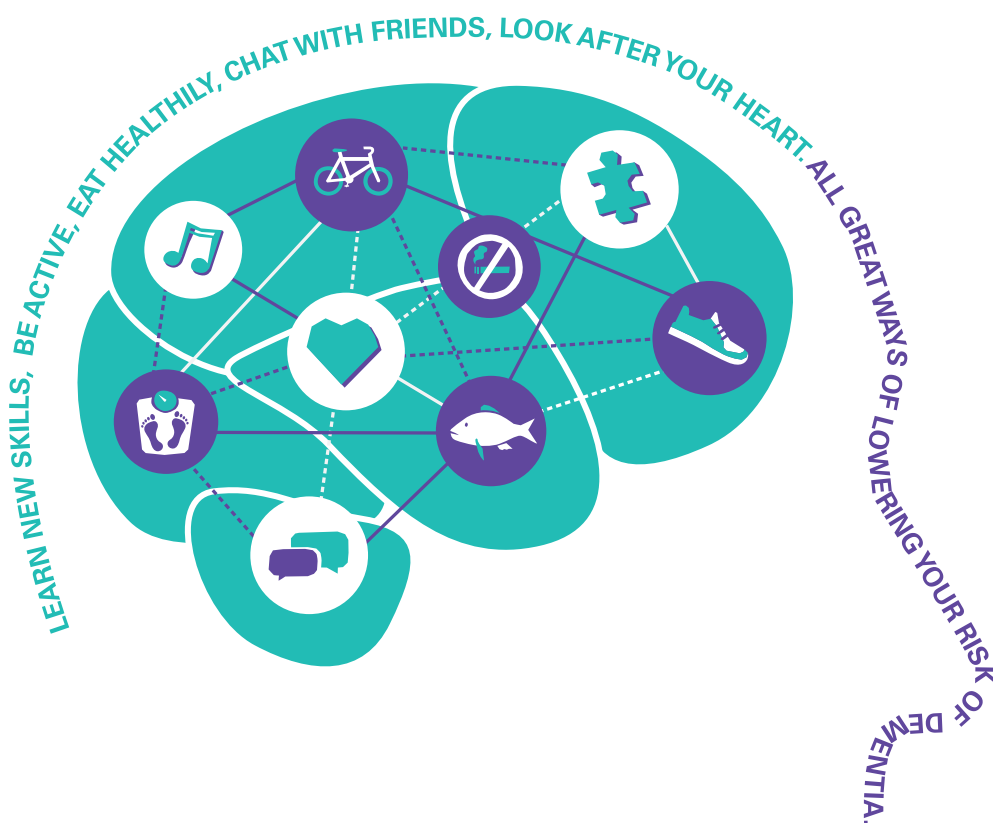


WHAT'S GOOD FOR YOUR HEART IS GOOD FOR YOUR BRAIN

YOUR **BRAIN**
MATTERS
YOURBRAINMATTERS.ORG.AU



Talk to your doctor today about keeping your blood pressure, cholesterol, blood sugar and weight at a level that is healthy for you.

It will help you reduce your risk of diabetes, heart disease and dementia.

Looking after your brain health is important at any age – whether you are young, old or in between.

For more information and tips on how to
live a brain healthy lifestyle visit

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**TAKE ON ALZHEIMER'S
CHALLENGE AUSTRALIA**