

YOUR STORY MATTERS

YOUR FAMILY MATTERS, YOUR CULTURE MATTERS,
YOUR BRAIN MATTERS

STEP 1

LOOK AFTER
YOUR HEART



STEP 2

KEEP YOUR
BODY ACTIVE



STEP 3

KEEP YOUR
BRAIN THINKING



STEP 4

EAT A
HEALTHY DIET



STEP 5

SPEND TIME
WITH OTHERS



Your Brain Matters is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund.

UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA

**YOUR
BRAIN
MATTERS**
THE POWER OF PREVENTION
YOURBRAINMATTERS.ORG.AU