

## **GrapeVine Unit**

### **Better Brain Health**

**FREE**

While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This one-hour educational session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

The session will cover:

- Common diseases that cause dementia
- Other conditions that mimic dementia
- Signs and symptoms
- Risk factors
- Strategies for a healthy brain (physical health, nutrition, life-long learning, socializing)

Handouts on the topic will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation