

# Healthy Life. Healthy Brain.

Reduce Your Risk of Dementia



**Eat  
Healthy**



**Keep Your  
Brain Working**



**Kick  
Bad Habits**



**Take  
Your Meds**

Talk to Your Doctor About Screening

[health.maryland.gov/brainhealth](https://health.maryland.gov/brainhealth)



**BE KIND  
TO YOUR  
MIND**

