



June 2024

Alzheimer's and Brain Awareness Month

Your brain is a vital organ; it manages your ability to communicate, make decisions and live a full, independent life. Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks.

June is Alzheimer's and Brain Awareness Month. It's important to understand that Alzheimer's is a brain disease—it's not a normal part of aging. There is currently no cure for Alzheimer's. Still, you can support brain health through lifestyle habits, such as exercising regularly, sleeping enough, eating a healthy diet and challenging your mind through learning.

For more information on Alzheimer's and brain health, visit:

- <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>
- <https://www.alz.org/alzheimers-dementia/what-is-alzheimers>
- <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>