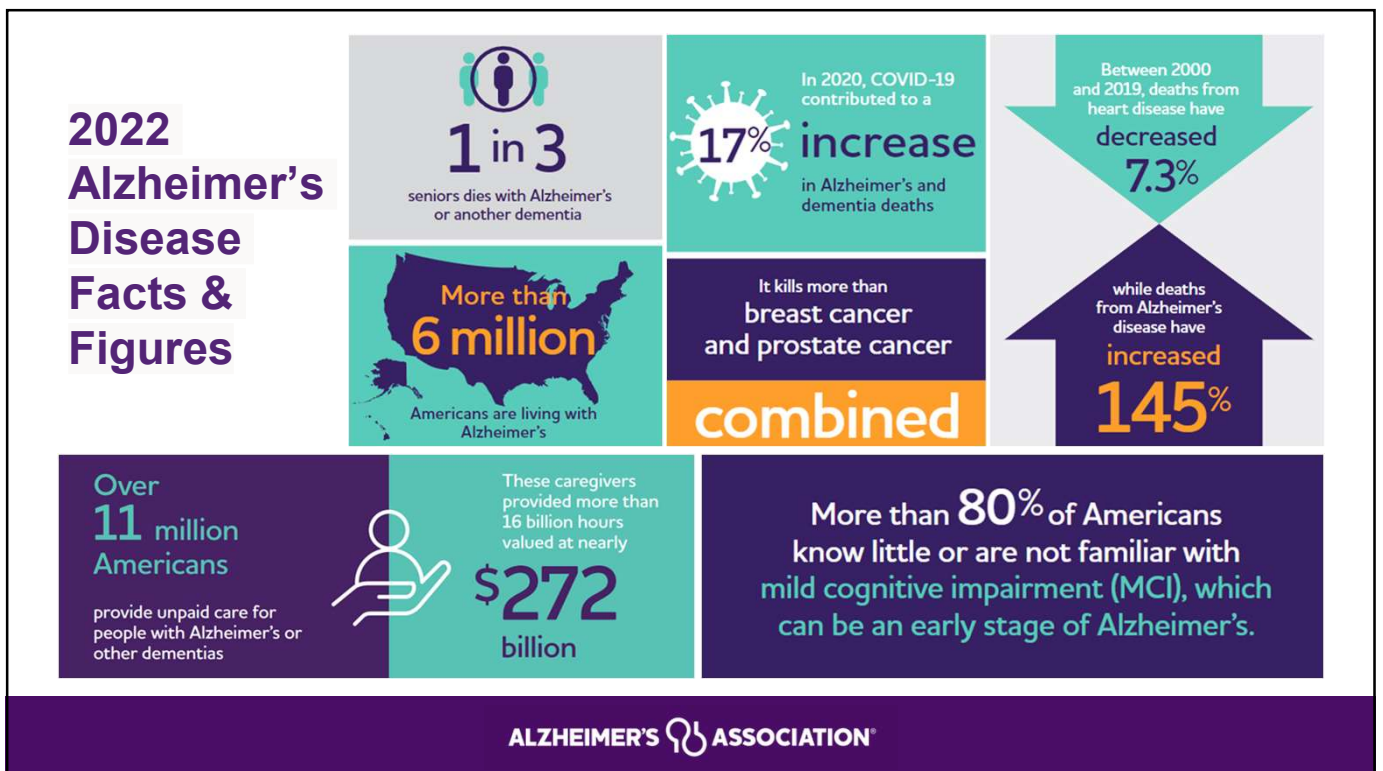




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## TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- \* **Mixed dementia:** Dementia from more than one cause

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## Healthy Behaviors for Your Brain

GET MOVING	EAT HEALTHY	GET A GOOD NIGHTS SLEEP
		
HEART HEALTH	QUIT SMOKING	PROTECT YOUR HEAD
		

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# Help Us Fight Alzheimer's Disease



## As an Individual

Share your personal story as an advocate or Alzheimer's Association Representative.

Help your neighbors by providing education or a support group.

Get involved in clinical trials or a research study.

Start a fundraising team.



## As an Organization / Group / Business

Start a team for Walk to End Alzheimer's, The Longest Day, RivALZ or Ride to End ALZ

Host an educational program or community listening session.

Share resources with your business associates, neighbors and friends.



## For You and Your Family

Our 24/7 Helpline  
**800.272.3900**

[www.alz.org](http://www.alz.org)

Education

Support

Caregiving Resources

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**WALK TO END ALZHEIMER'S**  
alzheimer's association

**Join today! [act.alz.org](http://act.alz.org)**

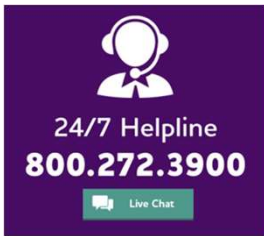
**THE LONGEST DAY**  
alzheimer's association

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## How We Can Help

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### 24/7 Helpline

The Alzheimer's Association 24/7 Helpline (**800.272.3900**) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.



### Free Education

Find dementia and aging-related resources that connect individuals facing dementia with local programs and services at [alz.org](https://www.alz.org).



### Alzheimer's Association & AARP Community Resource Finder

Get easy access to resources, community programs and services in your local community at [communityresourcefinder.org](https://www.communityresourcefinder.org).

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# Thank you!

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