



# JUNE 2020

## **Alzheimer's and Brain Awareness Month**

Alzheimer's is a form of dementia that progressively erodes memory and creates behavioral problems. It currently affects an estimated 5.5 million people, with the vast majority being age 65 or older. Unfortunately, there is no known cure for this disease, but there are organizations that intend to find one.

With that goal in mind, the Alzheimer's Association raises awareness and funds to help research, care and support those affected by the disease. If you or a loved one are living with signs of Alzheimer's, or if you're interested in finding ways to spread awareness, visit [www.alz.org](http://www.alz.org) for caregiving resources and information.

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### **Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

#### **Week 1 (5/31-6/6) – Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

#### **Week 2 (6/7-6/13) – Get started**

*Are you ready? Begin your plan and stick to it.*

#### **Week 3 (6/14-6/20) – Look for improvement**

*How are you doing? Think about what's working with your plan and if you need to adjust it.*

#### **Week 4 (6/21-6/27) – Keep going**

*Are the adjustments helping? Continue with your revised plan and finish the month strong.*

#### **Week 5 (6/28-7/4) – Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*