

JUNE 2021

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. However, the true number of undiagnosed cases is unknown. Sadly, there is no known cure for this disease, but there are organizations dedicated to finding one.

With that goal in mind, the Alzheimer's Association raises awareness and funds to help research the disease, and care for and support those affected by it. 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 for caregiving resources and information.

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 (5/30-6/5) – **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 (6/6-6/12) – **Get started**

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

Week 3 (6/13-6/19) – **Look for improvement**

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

Week 4 (6/20-6/26) – **Keep going**

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

Week 5 (6/27-7/3) – **Reflect**

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