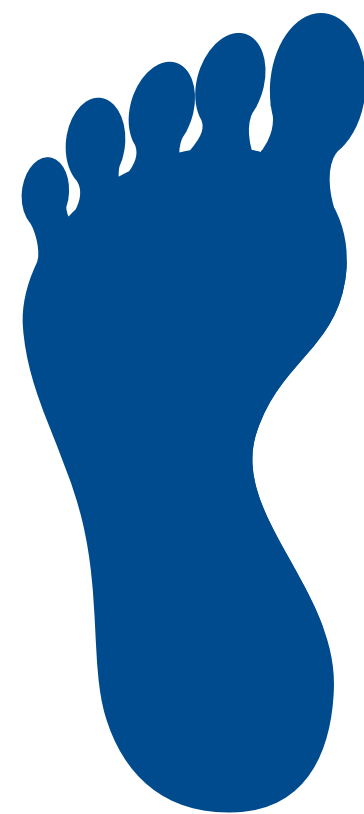


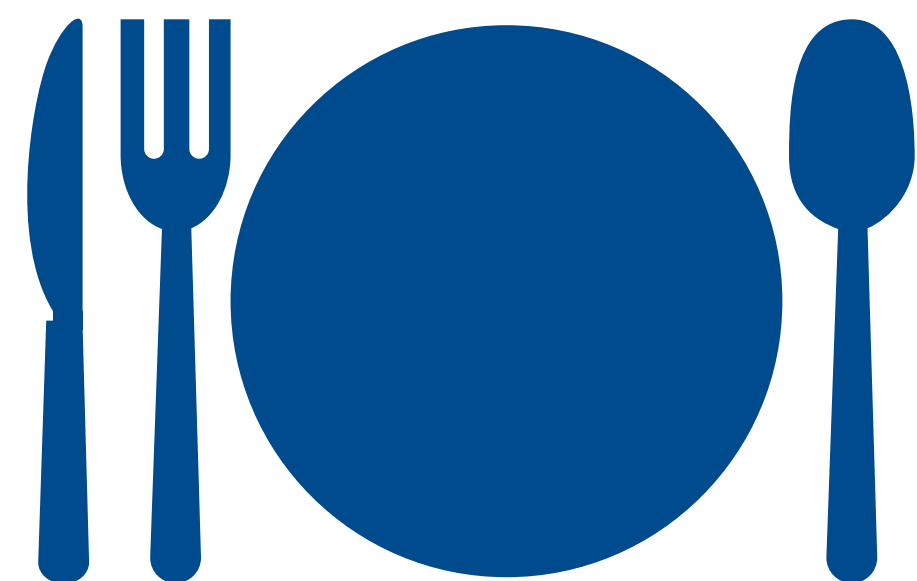
Look after your heart



Keep active



Check your hearing



Eat healthily

How to reduce your risk of dementia



Stay socially connected

Avoid knocks to the head

Do activities you enjoy

