



Looking after yourself



Things you can do to stay healthy



Be active



Healthy eating and drinking



Do not drink too much alcohol



Do not smoke



Spend time with friends and family



Keep learning new things



Have an NHS Health Check



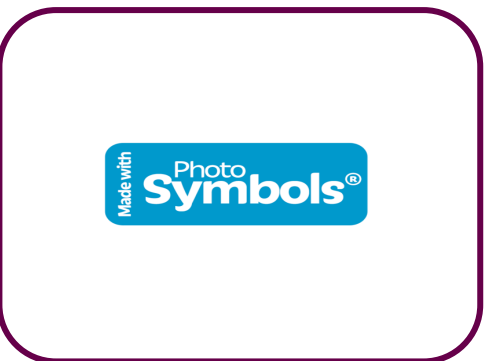
If you are worried about you or a friend



Speak to someone



Made by the MacIntyre Dementia Project



Made using Photosymbols



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