



VIRGINIA MEMORY PROJECT

# BRAIN HEALTH is for everyone!

No matter how old you are, no matter the state of your health!

You can improve the health of your brain in many ways!  
Follow these measures to help improve your brain health

## 1 Get Active and Maintain a Health Weight

Regular physical activity is important for good health and combined with a healthy diet can lead to a healthy weight.

## 2 Maintain Blood Sugar

Learn how to manage your blood sugar if you have Diabetes.



## 3 Prevent and Manage High Blood Pressure

Tens of millions of adults in the United States have high blood pressure, and many do not have it under control.

Get Checked!  
Get Treated!



## 4 Prevent and Correct Hearing Loss

Make sure you talk to a hearing care professional to treat and manage hearing loss.

## 5 Find Support

Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a medical condition that can be treatable.

## 6 Avoid Binge Drinking

If you drink, do so in moderation. Learn about alcohol use and your health.

## 7 Not Smoking

Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

If you would like more information, please follow the link or QR code and one of our team members will reach out to you!



SCAN ME!

FOLLOW THE LINK!

<https://redcap.vcu.edu/surveys/?s=JDJRYAP3WLT7Y>

Or, Contact Annie Rhodes, at VCU Gerontology  
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