



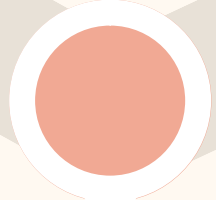
# Brain Health: Protecting your Cognitive Assets!

**Your brain matters – you can do something about it!**



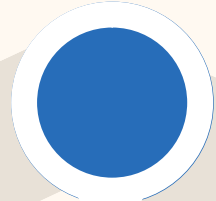
## SEE YOUR DOCTOR

- Check your labs
- Diagnostic
- Talk about a plan with your loved ones



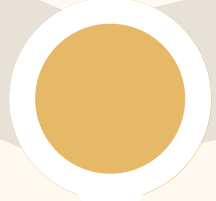
## THERAPY

- Cognitive
- Speech
- Occupational



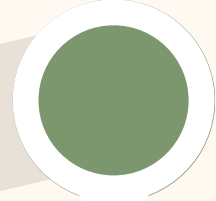
## AT HOME RESOURCES

- Home Health
- Adult Day Care
- Meals on Wheels
- Support Groups



## SENIOR LIVING

- Independent Living
- Assisted Living
- Memory Care



## NURSING HOME



For more information on each of these, scan here:

