



Memory Matters

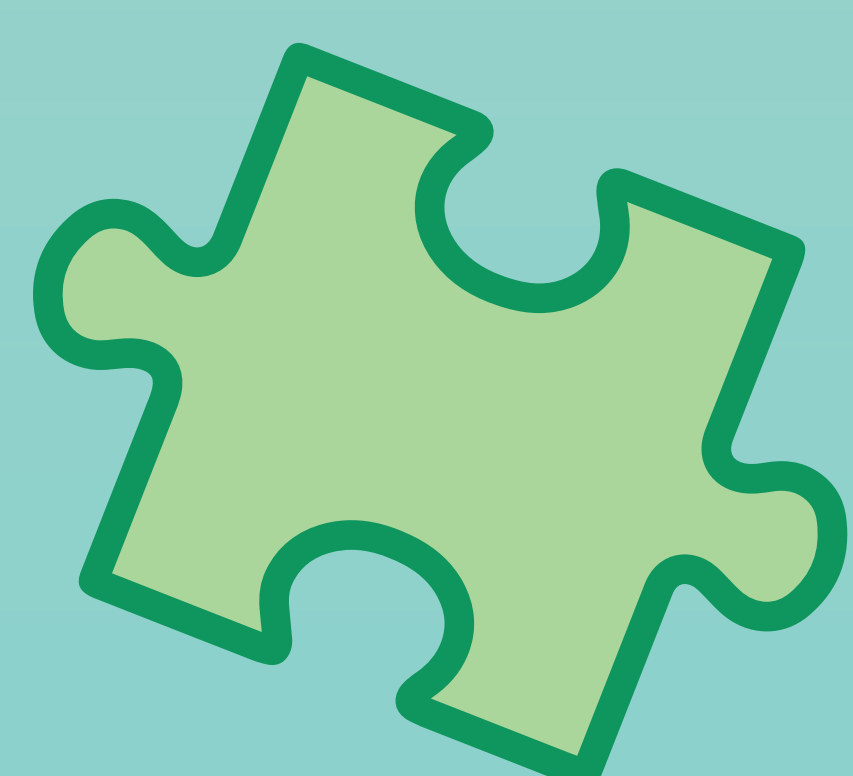


Three simple steps to support
good brain health:



Love your heart

Look after your heart to look after your brain



Stay sharp

Mental activity strengthens brain health



Keep connected

Stay connected to support your brain



Scan the QR code to find out more
about maintaining your brain health

Excellent care,
empowered people,
thriving communities



compassionate

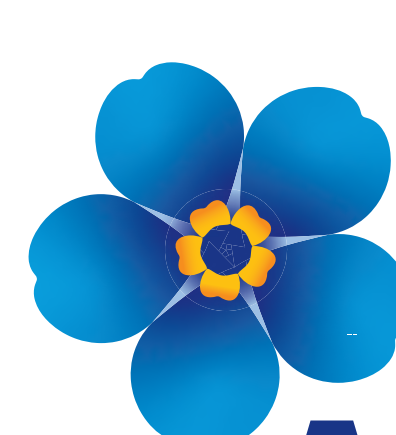


inclusive



committed

Working in partnership with



Alzheimer's
Society



age connects
west midlands.