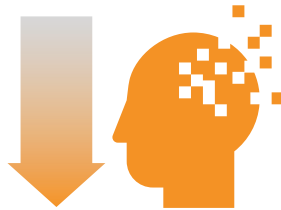


LIFESTYLE DECREASES RISK OF DEMENTIA BY 30%



-30%

You can achieve this by



Not smoking



Healthy weight



Sufficient physical activity