



# ACTION AGAINST ALZHEIMER'S DISEASE

A diet and lifestyle  
programme to  
optimise brain  
health

COME ALONG TO A TALK TO FIND  
OUT ABOUT POSITIVE ACTION  
YOU CAN TAKE

## WHEN AND WHERE?

Wednesday 21 June, 10.30 am

Wednesday 12 July, 10.30 am

Riverside Wellbeing, Whaley Bridge SK23 7AA

Cost: £10

To book please email:  
[kathryn.rogers@forkprovoking.co.uk](mailto:kathryn.rogers@forkprovoking.co.uk)

Whilst a diagnosis related to cognitive decline is usually made after the age of 60, the underlying processes that cause the decline start 10, 20 or even 30 years before. So reducing your risk is something you might want to think about in your 40s and 50s.



CYTOPLAN  
EDUCATION