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SWOSU

Bulldog Wellness

June 2024



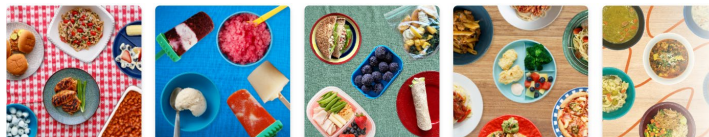
June is Alzheimer's and Brain Awareness Month

Alzheimer's and Brain Awareness Month is a time to share facts about Alzheimer's disease and other dementias that affect the brain. The National Institute on Aging (NIA) has many resources you can check about:

- Alzheimer's disease and dementia:
 - [Alzheimer's and dementia | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/alzheimers-dementia)
- Brain health:
 - [Brain health | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/brain-health)
- Caring for a person with Alzheimer's disease:
 - [Alzheimer's caregiving | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/caring-person-with-alzheimers-disease)

MyHealthfinder has information on how to [protect your health as you grow older](#):

- Choose healthy foods
- Take steps to prevent falls
- Stay safe while driving
- Talk to your doctor about any health concerns you have
- Keep your body and mind active



[Quick and Healthy Recipes Online | Shape Your Future | Oklahoma TSET \(myshapeyourfutureok.com\)](#)



Keep Your Memory Sharp

- Just like physical activity is good for your body, activities that challenge your mind can help keep your brain healthy.
- **Learn new things** — take a class or challenge yourself to read a section of the newspaper that you normally skip
- **Connect with other people** — try sharing meals with a friend or volunteering at a local school
- **Keep moving** — joining a hiking club, trying a dance class, or taking up other active hobbies can benefit not only your physical health but also your brain