

Happy Mind, Healthy Life!



A Take part in **activities** such as exercises, brisk walks and Zumba



B Engage your **brain** through reading, playing games and learning new skills



C **Connect** with friends and family, and volunteer in your community



D Adopt a healthy **diet** and cooking methods



Download the Dementia Friends Mobile App!

With Dementia Friends app, you can:



Get info, tips & resources on dementia



Post cases of missing loved ones & help keep a lookout



Receive updates on events & training

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