

Worried about your memory?



‘I remember that holiday as clear as can be... but it’s a struggle to recall what I did this morning.’

Act now to help yourself or someone you care about

- Talk to your GP
- For information call Alzheimer’s Society Dementia Helpline
0845 300 0336 (8:30am to 6:30pm, Monday to Friday)

alzheimers.org.uk