



# JUNE 2025

## Alzheimer’s and Brain Awareness Month

Alzheimer’s disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks.

June is Alzheimer’s and Brain Awareness Month. This is a time that reinforces that Alzheimer’s is a brain disease and not a normal part of aging. There is currently no cure for Alzheimer’s, but there are some ways to support brain health. Lifestyle habits like exercising regularly, eating a healthy diet, avoiding alcohol and tobacco, sleeping enough, and challenging your mind through learning or games can help reduce the risk of cognitive decline.

Contact us to learn more about Alzheimer’s and other dementias.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Alzheimer’s and Brain Awareness Month</div> <div>Cataract Awareness Month</div> <div>Men’s Health Month</div> <div>National Safety Month</div>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <div>Flag Day</div>
15 <div>Father’s Day</div>	16	17	18	19 <div>Juneteenth</div>	20 <div>Summer Solstice</div>	21
22	23	24	25	26	27	28
29	30					

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