



My  
**Health Fair**™

The Right Content , The Right Place  
The Right Time

**DO YOU  
KNOW WHAT  
DEMENTIA IS?**

Dementia is a general term used to describe a decline in cognitive function severe enough to interfere with daily life.

It is characterized primarily by changes in mood and behavior

Affects memory in a progressive manner.

and difficulty completing daily activities.

Affects thinking.

Affects and behavior.



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# SYMPTOMS OF THE EARLY STAGES OF DEMENTIA



Memory loss.



Eating problems such as lack of appetite.



Lack of personal hygiene.



Lack of personal hygiene.



Problems in reasoning, solving problems or handling complex tasks.



Behavioral changes or mood alteration.



# ALZHEIMER'S ASSOCIATION

Provides care and support for all people affected by Alzheimer's and other dementias.



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IT'S OK TO ASK FOR HELP

# TAKE CARE OF YOUR AND LOVED ONE'S MENTAL HEALTH



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