



Week 4:

### **Lower your risk for Alzheimer's**

Risk factors that increase the likelihood of developing Alzheimer's include age (65 years and older), family history and genetics. Although these are uncontrollable risk factors, research has shown that you can influence the onset of the condition:

- Protect your head and wear your seat belt to avoid a head injury; wear a helmet when participating in sports and fall proof your home.
- Try to keep your weight within recommended guidelines.
- Avoid tobacco and excess alcohol.
- Stay socially connected.
- Exercise both your body and mind.

Source: Alzheimer's Association

Tip of the week brought to you by:

The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Wellness Initiative, join us on the journey!



Healthy tips

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