

Reduce Your Risk

An infographic with a central white circle containing the text "Reduce Your Risk". Surrounding this circle is a light blue ring. Eight icons are placed around the ring, each with a corresponding text label. Starting from the top and moving clockwise, the icons and labels are: an ear (Check hearing), an eye with a red 'X' (Vision loss), a person with a headband (Avoid head injuries), two hands clapping (Stay connected), a red heart (Look after your heart), a fork, knife, and carrot (Eat healthy), four colorful puzzle pieces (Have fun), and a hand holding a dumbbell (Keep Active).

Check hearing



Vision loss



Avoid head injuries



Stay connected



Look after your heart



Eat healthy



Have fun



Keep Active

Reducing The Risk Of Alzheimers

Jessica J Manson



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