Making healthy lifestyle choices may reduce your risk of dementia.

We don’t yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.

Control high blood pressure

Sleep well

Eat a healthy diet

Keep physically active

Connect with family and friends

Learn more about these steps and other healthy lifestyle changes you can make at **www.alzheimers.gov/can-i-prevent-dementia**.

NIH National Institute on Aging