

# 5 TIPS TO LOOK AFTER YOUR HEART AND SPIRIT



DAMPAA Brain Health Program

1

PROTECT YOUR  
HEART



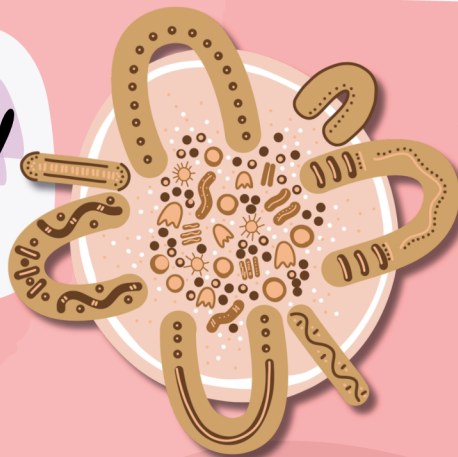
2

KEEP LEARNING &  
SHARE KNOWLEDGE  
WITH YOUR MOB



3

YARN ABOUT COUNTRY  
WITH YOUR MOB



4

SIT AND WALK  
IN NATURE OR  
GO ON COUNTRY



5

KEEP YOUR  
MIND AND BODY  
ACTIVE



Sources: Livingston et al. Dementia prevention, intervention and care, *The Lancet* 2017.

Smith K, Flicker L, Dwyer A, et al. Factors associated with dementia in Aboriginal Australians, *Aust N Z J Psychiatry* 2010.

DEVELOPED FOR:



**DAMPAA**  
Dementia prevention and  
risk Management Program  
for Aboriginal Australians

[WWW.IAWR.COM.AU](http://WWW.IAWR.COM.AU)



Boola Boola Djinda  
Aboriginal Health  
Research

IN PARTNERSHIP WITH:

