

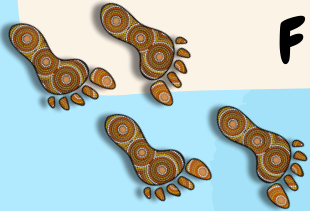
5 TIPS TO **BE ACTIVE**



DAMPAA Brain Health Program

1

**WALK, YARN & LAUGH
WITH A FRIEND OR
FAMILY**



2

**ENJOY WATERING THE
GARDEN & WALKING
OUTSIDE IN NATURE**



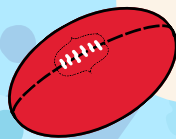
3

**GET INVOLVED WITH
THE COMMUNITY &
PRACTICE LANGUAGE**



4

**HANG OUT WITH
FAMILY & THE
GRANNIES**



5

**PRACTICE STRENGTH &
BALANCE ACTIVITIES
& GO TO COMMUNITY
PROGRAMS**



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



**Boola Boola Djinda
Research team**

