

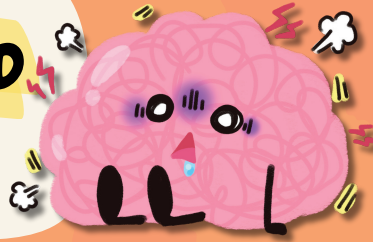
5 TIPS TO GOOD BRAIN HEALTH



DAMPAA Brain Health Program

1

**PROTECT YOUR HEAD
FROM INJURY**



2

**BE ACTIVE
WALK AND YARN WITH
FAMILY & FRIENDS**



3

**LOOK AFTER YOUR
HEART
AND SPIRIT**



4

**EAT
GOOD TUCKER**



5

**STAY CONNECTED WITH
FAMILY, FRIENDS &
COMMUNITY**



Sources: Livingston et al. Dementia prevention, intervention and care, *The Lancet* 2020.

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

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**Boola Boola Djinda
Research team**



IN PARTNERSHIP WITH: