

# Wellness Tidbits

June is Alzheimer's & Brain Disease Awareness Month



## THE LONGEST DAY

Alzheimer's is a degenerative brain disease that causes problems with memory, thinking and behavior. The Longest Day--as a part of Alzheimer's and Brain Awareness Month is a time to honor those living with Alzheimer's as well as the people who love and care for them.

### 10 Early Signs & Symptoms

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar task at home, work, or at leisure
4. Confusion with time or place
5. New problems with words when speaking and writing
6. Misplacing things & losing the ability to retrace steps
7. Decreased or poor judgment
8. Withdrawal from work or social activities
9. Changes in mood or personality
10. Trouble understanding visual images and spatial relationships that create difficulty reading, judging distance and determining color or contrast, which may cause problems with driving



Find more information on Alzheimer's & Brain Disease Awareness Month at [www.alz.org](http://www.alz.org).

### Join the Monthly TSHBP Fitbit® Challenge!

#### How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

#### Question

*True or False:*

Memory loss can be an early sign of brain disease.

**ANSWER FITBIT®  
CHALLENGE HERE!**

