



# LIFELINE PROTECTOR

A Newsletter for Friends & Clients of Wellness Alliances



## GREETINGS...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook, Instagram, Twitter, and LinkedIn at Wellness Alliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.



## QUOTE OF THE MONTH

“Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear Show that lovely June is here.”

F. G. Sanders

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## ALZHEIMER'S & BRAIN AWARENESS MONTH

June is Alzheimer's & Brain Awareness Month! The Alzheimer's Association, a voluntary health organization in Alzheimer's care, support and research, declared June, as Alzheimer's & Brain Awareness Month, in an effort to raise awareness about the disease. The Alzheimer's Association estimates that in the United States, 6.2 million people have Alzheimer's disease. Alzheimer's is the 7th leading cause of death in the United States. It is the only leading cause of death that cannot be prevented or cured.

### How To Show Your Support:

- Wear purple.
- Educate yourself and your community about Alzheimer's.
- Go purple on social media.
- Honor those who have lost their lives to Alzheimer's and support anyone you know who is living with the disease or acting as a caregiver.
- Learn the ways you can start taking care of your brain.

### 10 Ways to Love Your Brain by the Alzheimer's Association:

1. Hit the books: Formal education can reduce the risk of cognitive decline.
2. Stop smoking: Smoking increases risk of cognitive decline. Quite immediately.
3. Take care of your heart health. Risk factors for cardiovascular disease and stroke, such as obesity and high blood pressure, may negatively impact cognitive health.
4. Protect your head: Wear a seat belt and use a helmet when playing contact sports or riding a bike to prevent a brain injury.
5. Eat a balanced diet: Eat vegetables and fruit to help reduce cognitive decline.
6. Get enough sleep: Sleeping too little can result in problems with memory and thinking.
7. Take care of your mental health: Mental illnesses, such as depression, have been linked to cognitive decline.
8. Stay social: Engaging in social activities may support brain health.
9. Challenge your mind: Build a piece of furniture or play strategy games to keep your mind active.
10. Exercise regularly: Studies have shown physical activity reduces risk of cognitive decline.

To learn more about Alzheimer's disease please read our blog, *Alzheimer's Disease: Everything You Need to Know*, at [wellnessalliances.com](http://wellnessalliances.com).

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### Sources:

Alzheimer's Association  
<https://www.alz.org/abam/overview.asp>  
[https://www.alz.org/media/sewi/documents/Go\\_Purple\\_in\\_June\\_Combined\\_Toolkit\\_\(1\).pdf](https://www.alz.org/media/sewi/documents/Go_Purple_in_June_Combined_Toolkit_(1).pdf)

