



HOW'S YOUR
BRAIN HEALTH?

**Check in
on your
brain health.**

The Brain Health Toolkit helps you understand changes in your memory or thinking, make the most of your time with your doctor and take steps to keep your brain healthy.

*Get started at
BrainHealthToolkit.com.
Developed by experts
and free to use.*

Again, that's
BrainHealthToolkit.com



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