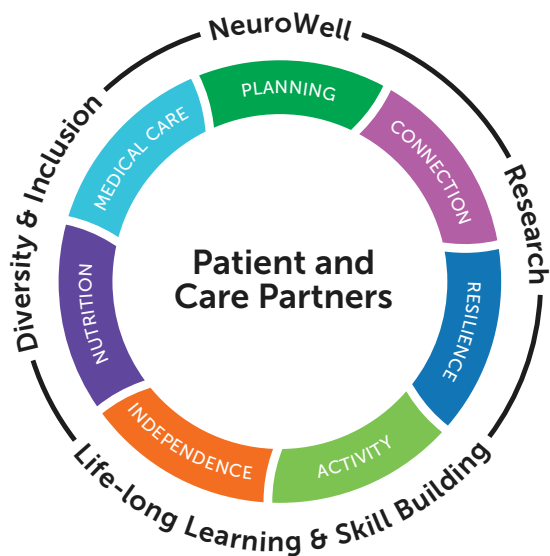


# NeuroWell Guide

If you have been diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's disease, or another form of dementia, you may be wondering what is next.

## What is NeuroWell?

NeuroWell is a well-being based approach to treatment after a diagnosis of MCI, Alzheimer's disease or another form of dementia. The model involves seven key components that research suggests are critical to brain health and living your best.



“

A journey of a thousand miles begins with a single step.

”

Lau Tzu



The NeuroWell guide presents brain health strategies and the evidence supporting them. Each chapter of the guide presents a key NeuroWell component, its benefits, perspectives of people living with MCI or dementia and interactive spaces for you to build your own NeuroWell plan. These lifestyle changes can improve overall health and well-being and are likely to be helpful to anyone who is aging – including friends and family members.

**The interactive version of this guide is available for download.**

*Scan this QR code with your phone camera to view or download a PDF of this guide with interactive worksheets, checklists and more.*

