



National Alzheimer's Disease Awareness Month 30 Sec PSA

November is National Alzheimer's Disease Awareness Month. Did you know that about 50 million people around the world are living with Alzheimer's Disease and other forms of dementia?

While there is currently no known cure for Alzheimer's Disease and other types of dementia, studies show that factors like regular exercise, choosing healthier food options, and taking care of your mental health can reduce your risk.

For more information and resources related to Alzheimer's Disease, visit our website at Alabama-Public-Health-dot-gov.

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