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## [Brain Health and Dementia Fact Sheets | Infographics](#)

The Virginia Department of Health (VDH), Virginia Department for Aging and Rehabilitative Services (DARS), and Dementia Capable Virginia have developed an array of brain health and dementia fact sheets and infographics for consumers and providers.

To view and download these Brain Health Resources go to:

[www.vdh.virginia.gov/brain-health/resources](http://www.vdh.virginia.gov/brain-health/resources)

- Benefits of Physical Activity
- Getting a Good Night's Sleep Tips
- Consequences of No Sleep
- Worries About Memory Healthy Brain Fact Sheet
- 10 Warning Signs of Alzheimer's
- Tips for Communicating with Persons with Dementia
- VA Road Map Guide Dementia Fact Sheet
- 6 Healthy Brain Habits [VDH]
- Health Blood Sugar: Healthy Brain [VDH]
- Healthy Hearing: Healthy Brain [VDH]

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