Healthy Heart, Healthy Brain...
Help the wisdom keepers keep their wisdom

Elders with heart disease, high blood pressure, or diabetes have a much higher risk of developing Alzheimer’s disease or other dementias.

Make an appointment at your local Urban Indian Organization to talk about how to keep your mind and heart healthy.

- 1 in 10 people age 65 and older has Alzheimer’s disease.
- 1 in 3 American Indians over 65 develops dementia, including Alzheimer’s disease.
- 5.7 million Americans have Alzheimer’s disease.

Watch the video and learn more at ncuih.org/wisdomkeeper

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