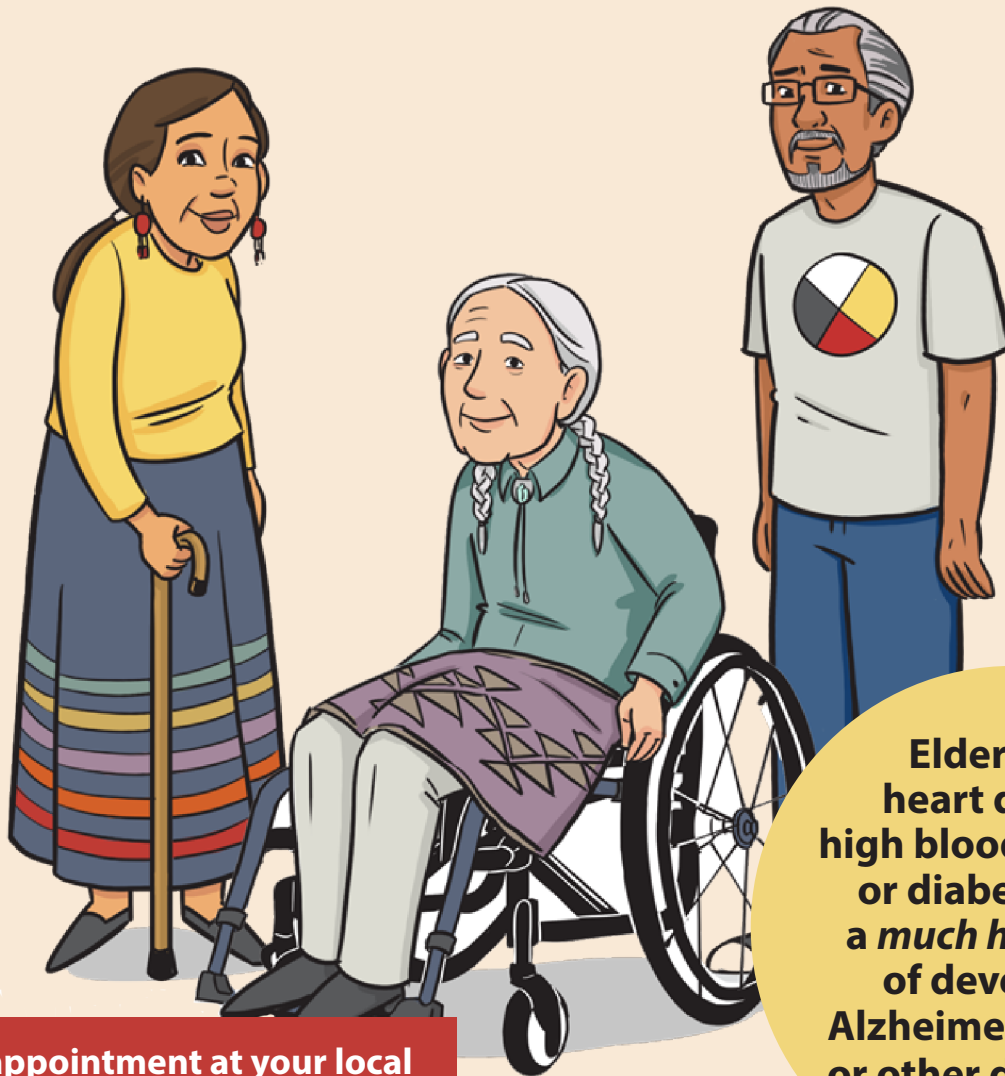


# Healthy Heart, Healthy Brain...

Help the wisdom keepers keep their wisdom



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

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

**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](http://ncuih.org/wisdomkeeper)**



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