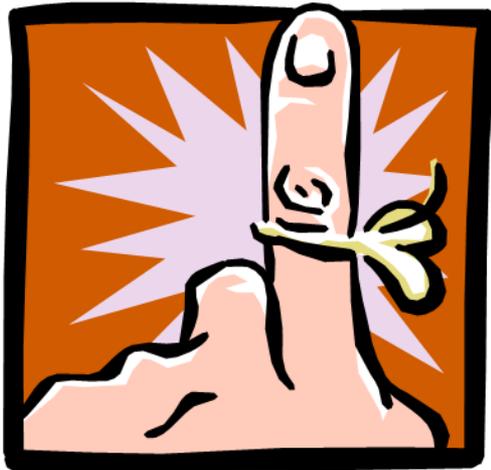


Living Well Tip of the Week

The average American spends a full year over the course of a lifetime looking for misplaced objects.

Risk Factors For Memory Loss You CAN Control



- ✓ Prolong Stress
- ✓ Lack of Sleep
- ✓ High Blood Pressure
- ✓ Excessive Alcohol Consumption
- ✓ Too Much Caffeine
- ✓ Cigarettes

Take the Memory Health Assessment
go to the Living Well Health Manager at

www.webmdhealth.com/ut