

# JUNE 2020

## Alzheimer's and Brain Awareness Month

Alzheimer's is a form of dementia that progressively erodes memory and creates behavioral problems. It currently affects an estimated 5.5 million people, with the vast majority being age 65 or older. Unfortunately, there is no known cure for this disease, but there are organizations that intend to find one.

With that goal in mind, the Alzheimer's Association raises awareness and funds to help research, care, and support those affected by the disease. If you or a loved one are living with signs of Alzheimer's, or if you're interested in finding ways to spread awareness, visit [www.alz.org](http://www.alz.org) for caregiving resources and information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="#">Fireworks Safety Month</a> <a href="#">Alzheimer's &amp; Brain Awareness Month</a> <a href="#">Cataract Awareness Month</a> <a href="#">Men's Health Month</a> <a href="#">Myasthenia Gravis Awareness Month</a>				<a href="#">National Aphasia Awareness Month</a> <a href="#">National Congenital Cytomegalovirus Awareness Month</a> <a href="#">National Safety Month</a> <a href="#">National Scleroderma Awareness Month</a>	
	1	2	3	4	5	6
7 TAKE ACTION Week 2	8	9	10	11	12	13
14 TAKE ACTION Week 3 Flag Day	15	16	17	18	19	20
21 TAKE ACTION Week 4 Father's Day	22	23	24	25	26	27
28 TAKE ACTION Week 5	29	30				

The Reschini Group

922 Philadelphia St Indiana, PA 15701

Tel: 7243491300 <http://www.reschini.com>



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### **Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

#### **Week 1 (5/31-6/6) – Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

#### **Week 2 (6/7-6/13) – Get started**

*Are you ready? Begin your plan and stick to it.*

#### **Week 3 (6/14-6/20) – Look for improvement**

*How are you doing? Think about what's working with your plan and if you need to adjust it.*

#### **Week 4 (6/21-6/27) – Keep going**

*Are the adjustments helping? Continue with your revised plan and finish the month strong.*

#### **Week 5 (6/28-7/4) – Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*