

# YOUR BRAIN AGES AND THAT'S **NORMAL.**



Small changes in thinking and memory may surprise you but should not disrupt your daily life.

## ***Normal*** experiences as we age:

- Forgetting a detail but remembering it later
- Pausing before remembering which word to use
- Making a mistake while doing something hard
- Needing help while doing something new
- Having less energy than you used to

## ***Warning Signs*** to talk to your doctor about:

- Having a hard time remembering recent events in your life
- Having trouble expressing your thoughts and ideas
- Finding it hard to follow plans with many steps
- Finding it hard to get started and do simple tasks you enjoy

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