



NOW IS THE TIME TO  
TAKE CHARGE OF  
YOUR HEALTH *AND*  
YOUR FUTURE...

Give to Alzheimer's research.

Donate when you file your  
state taxes and help find a  
cure for Alzheimer's.

***With so many of us making it to  
85, you or someone you love may  
be in the 43% diagnosed with  
Alzheimer's disease.***

Now is the time to take charge of your  
health *and* your future:

- Stay physically and socially active
- Eat a brain-healthy diet
- Keep mentally active
- **Give to Alzheimer's research—  
donate on line 51 of your state  
tax form.**

*All contributions are distributed by California  
Department of Health Services to  
California researchers.*

**[www.caalz.org](http://www.caalz.org)**

**(916) 447-2731**

alzheimer's  association