FURTHER READING

Overview


Physical Activity

- **A 1-Hour Walk, 3 Times a Week, Has Benefits for Dementia**, Gretchen Reynolds. May 24, 2017. [www.nytimes.com/2017/05/24/well/move/a-1-hour-walk-3-times-a-week-has-benefits-for-dementia.html](http://www.nytimes.com/2017/05/24/well/move/a-1-hour-walk-3-times-a-week-has-benefits-for-dementia.html)

Healthy Eating


Leisure Activities