

# Worried about your memory?

'I remember that day as clear as can be... but it's a struggle to recall what I did this morning.'

Alzheimer's Society operates in England, Wales and Northern Ireland.  
Registered charity no. 296645. Company limited by guarantee and registered in England no. 2115499.

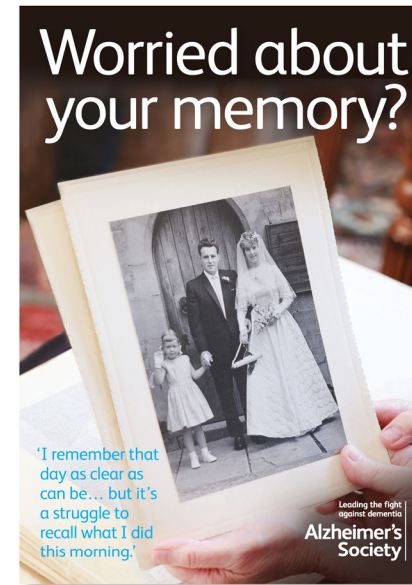


**Alzheimer's Society** | **Leading the fight against dementia**

If you are worried, contact your GP. The earlier you seek help, the sooner you can get information, advice and support.

For more information, if you are concerned about your own memory or someone else's, visit [alzheimers.org.uk/memoryworry](https://www.alzheimers.org.uk/memoryworry)

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