

Challenge your brain for Dementia prevention



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe daily cognitive stimulation is important for your health & wellbeing



Caring for cognition...

Cognition relates to our everyday brain activities such as how we think, learn, remember, perceive situations, understand others, communicate, problem-solve, and our ability to hold attention. You can for your cognition by keeping your brain active.



Why is building cognitive reserve important for Dementia prevention?

Building cognitive reserve happens throughout our lives. We do this through education, gaining knowledge, and learning activities. This stimulates and challenges our brain and increases our resilience to ageing. Building resilience helps to protect cognition and slow down cognitive decline and dementia. Dementia is the loss of cognitive functioning that usually develops over a number of years. It is a progressive disease that is not often recognised until an individual presents with cognitive difficulties.



you're never too old to learn something new



Make brain training activities part of your daily routine

- Stimulate your memory
- Develop your attention skills
- Expand your language capabilities
- Exercise your problem-solving skills



Playing an instrument, reading, playing games, speaking a second language, completing puzzles, and being involved in art all provide brain training.

Small steps to maintain mental agility & keep your mind active



- Find an activity that brings you pleasure
- Incorporate different brain activities
- Engage in education / study / classes
- Stay socially active and connected
- Join a club, group or offer to volunteer
- Chat regularly to friends and family
- Take regular physical exercise
- Eat a healthy balanced diet