We talked to 115 people who live with a neurological condition.

We asked about strategies they used to stay healthy.

Almost 1 in 5 experience cognitive changes

Strategies Used

71% Exercise
67% Medication
57% Diet
57% Social Engagement
38% Preventative Health Strategies
29% Reduce Stress
24% Cognitive Education
19% Get Help
5% Help

Brought to you by The LINC Project

The LINC Project seeks to learn about the effect of a neurological condition on people’s health, the resources and supports they use, and their participation in everyday life. For details, visit www.ccmrg.ca/linc

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