

# Worried about your memory?

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



If you are worried, contact your GP and find out what support is available.

For more information visit [alzheimers.org.uk/memoryworry](http://alzheimers.org.uk/memoryworry)

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These materials have been developed by Alzheimer's Society and are being produced in partnership with Lilly.