



GREY MATTERS

Minds grow and change. Let's talk about it.



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Your brain, like every other organ in your body, changes over time and is a natural part of the ageing process.

GREY MATTERS is a website for people who are experiencing changes to their memory and thinking.

It is a place where you can...



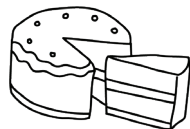
Learn

about the ageing brain and how to keep your brain healthy



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the different strategies people use to help them through the day



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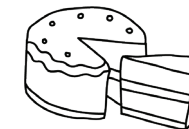
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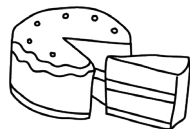
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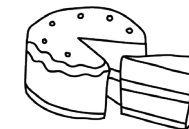
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