



GREY MATTERS

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

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...



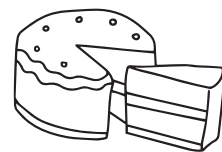
Learn

about the ageing brain and how to keep your brain healthy



Explore

the different strategies people use to help them through the day



Share

your own tips, tricks and experiences with others

Go to www.greymatters.co.nz