

# GREY MATTERS

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



AUT CENTRE FOR  
PERSON CENTRED RESEARCH

good health design



Brain Research  
NEW ZEALAND  
Rangahau Rau Aotearoa

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...



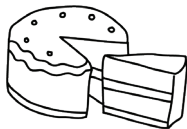
### **Learn**

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](http://www.greymatters.co.nz)**