

A close-up photograph of two hands clasped together. The hand on the left is younger, with smooth skin, wearing a brown ribbed sweater cuff. The hand on the right is older, with wrinkled skin and a gold ring on the ring finger, wearing a brown quilted jacket cuff. The background is a soft, out-of-focus green and brown, suggesting an outdoor setting. The text 'GREY MATTERS' is overlaid in the center in a large, white, serif font.

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...



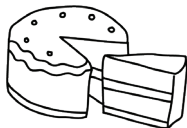
Learn

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