

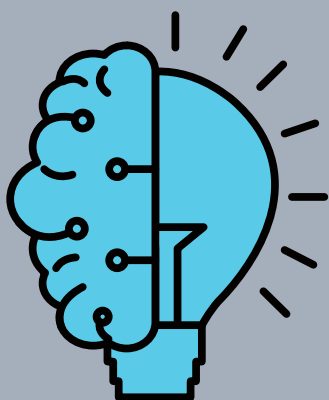
MIND YOUR BRAIN

It's never too early or too late to take care of your brain

GET MOVING

Improving endurance, flexibility, balance and strength can positively impact your cognitive function and overall health.

Try to engage in moderate exercise five days a week by walking, swimming, dancing, or just moving!



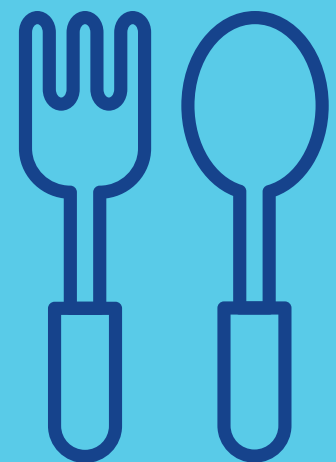
EXERCISE YOUR BRAIN

Mental stimulation can give your brain a workout and create new connections between nerve cells. It may even help your brain create new cells. Try reading, completing a puzzle, playing Sudoku, or playing an instrument.

EAT RIGHT

Research shows that individuals who use the Mediterranean style of eating display better memory and thinking skills compared to those who maintained a low-fat diet.

Try incorporating fruits, vegetables, nuts, beans and fish into your diet.



MIND YOUR BRAIN

It's never too early or too late to take care of your brain

CONNECT

Research shows that regularly engaging in social activities can reduce the risk associated with cognitive decline.

Consider joining us for our MindFit classes to meet other like-minded individuals!



GET YOUR NUMBERS CHECKED



Talk to your doctor if you have any concerns about your brain health.

Openly communicating with your healthcare provider is a very important part of maintaining a healthy lifestyle.

CATCH SOME Z'S

Try to rest for 7 to 9 hours each night.

Poor or inadequate sleep can affect your physical abilities, as well as your memory and thinking.



Sources: brainhealth.nia.nih.gov; healthybrains.org; health.clevelandclinic.org