

BRAIN HEALTH MATTERS!

Healthy Habits for a Brighter Tomorrow!



KEEP LEARNING

Try new things, read, solve puzzles and challenge your brain.



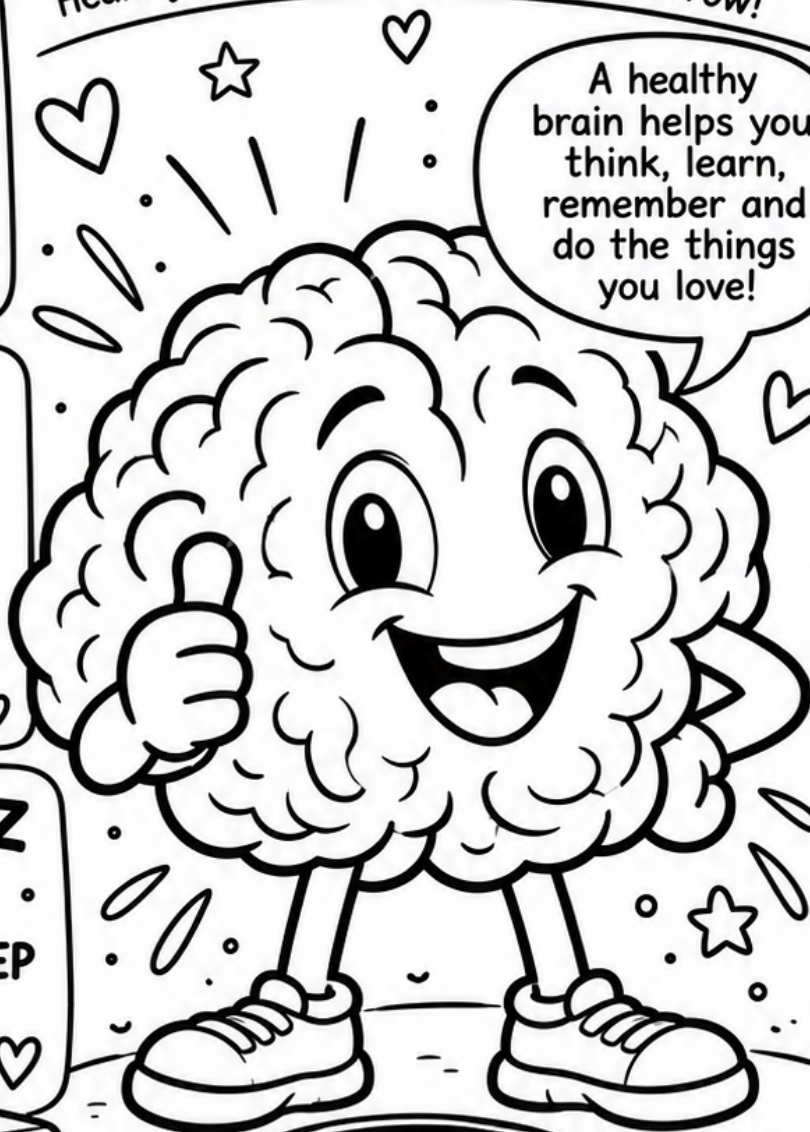
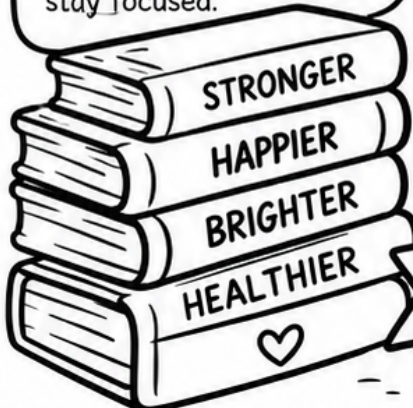
STAY ACTIVE

Movement increases blood flow to the brain and helps with mood, memory and focus.



GET GOOD SLEEP

Rest helps your brain recharge, improve memory and stay focused.



A healthy brain helps you think, learn, remember and do the things you love!



EAT BRAIN-FRIENDLY FOODS

Choose fruits, vegetables, whole grains, lean proteins and healthy fats.



STAY CONNECTED

Spend time with family, friends and activities you enjoy. Social connection supports brain health.



MANAGE STRESS

Take deep breaths, practice mindfulness and make time for what brings you joy.

A HEALTHY BRAIN TODAY BUILDS A BRIGHTER TOMORROW!

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