

Take Care of Your Brain Wordfind

Did you know that there are many steps we can take to promote brain health? The 20 words hidden in this puzzle all have to do with protecting our brain and memory. Can you find them all? Don't forget—puzzles and games have been found to provide a good mental workout!



- ACTIVITY
- CLASSES
- CONCENTRATION
- EXERCISE
- FALL PROTECTION
- HEALTHCARE
- LEARNING
- MEDICATION REVIEW
- MEDITATION
- MEMORY TRAINING
- NO SMOKING
- NUTRITION
- RELAXATION
- SEATBELTS

- SLEEP
- SOCIALIZATION
- STIMULATION
- USE IT OR LOSE IT
- VITAMINS
- VOLUNTEERISM

