



Build a Healthy Brain

Physical Activity	Walk, garden, knit, dance, bike, swim.
Mental Stimulation	Read, write, travel, listen to music, learn a second language.
Nutrition	Eat more salmon, unsalted nuts, fruits and vegetables, avoid finger food.
Socialization	Learn a new hobby, work to resolve conflicts, build new relationships, connect with family.
Spirituality	Slow down, get enough sleep, learn relaxation techniques, meditate, give yourself 30 minutes each day.

Based on *Your Brain Health Lifestyle* by Dr. Paul Nussbaum



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