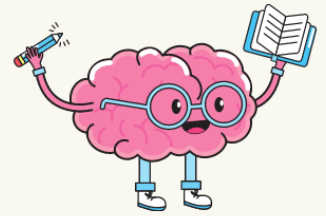


Ten Ways To Keep Your Brain Healthy



- ✓ Laugh more
- ✓ Maintain a sense of curiosity
- ✓ Learn something new each day
- ✓ Find out about those who have lived long lives with vitality
- ✓ Renew your sense of purpose
- ✓ Deepen your connection to others
- ✓ Be actively grateful. Practice gratitude
- ✓ Examine your beliefs about aging, life, and yourself
- ✓ Relax. Your brain works better in a relaxed state
- ✓ Sleep. Rejuvenation and stimulation enhance brain activity