

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Brain Health

F R R E E V L E U N T B P N T M O W U T S C O K  
R E V D X N I S P L T Z B G F H U D N J O K Q P  
B D M U I C I G V B B O A R D G A M E S A K D E  
N W C R M S H H W R R G Z S V A S G F N W O W D  
F I M M E O G P S D W I Q M T J B O B M X T M D  
T N S G S C N L H N W T H E T T T S N S L A U F  
U E R O I I I A M U U S H O Y J Z G U K L Q M W  
Y B J Z C A K Y P M F S B X A A Z N W J G E V X  
K A C I R L L I Q O O O U V X J L I Y R V S E W  
E A U T E I A N K D P S R V A T B R C K E B B P  
T T Z L X Z W G H J W T P T N R J A B X O T K F  
A V H A E A S C O D Y A T G W E R E H D P A A L  
L I U S M T X A A I F F M J Y E E H V O I Q D W  
O O Y O V I G R Q K X Y M D C J Q T P P M O P G  
C S U N T O R D S U S H G R E E N S A L A D T C  
O L C I F N Y S T K T T I B C H D E N P Y M L C  
H G X H U X H K S V A L W B D X F T G S R M H H  
C Z N K J A M R R F E A R Z L N U W S B S Y C V  
K X B O R D N C Z G M E S J B C L C E P T L G F  
R O X Y M P R H Z B N H O A F K N C I C U C E L  
A T J J T L L P C B A K X O R Z F H R G N I P F  
D N F D Q Q A B B S E F J J P O X M R I X C X D  
G O Q P T R B S L P L Q J V M Y N D E M I V Z C  
Q G G R A P E J U I C E O L U F D D B Z P B J Y

Dark Chocolate  
Healthy fats  
Lean Meats  
No salt  
Sleep

Playing cards  
Green salad  
Sunshine  
Walking  
Water

Socialization  
Grape juice  
Red wine  
Berries  
Nuts

Test hearing  
Board Games  
Exercise  
Salmon