

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

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

# Brain Health

L C M N T E I H T O O M S D C R M  
Y H L X W J W A Q Q Y P S E E D S  
S S C A A M E M O R Y M L N T C F  
N W E E R B L P F E O U B A A S I  
H E R I R I Y X L A E N P V Q E P  
O E E S R V T R V W F I O I T U B  
M T S L G R S Y V Y H M W T V H E  
O P A E C D E C H S P U E A I R S  
C O E E W E F B E B H L R M T S R  
Y T T P D S I J E N L A F I A A E  
S A N T E E L S T U J J O N M E M  
T T I K T P C L T U L N O B I P I  
E O A L A A K F A U T B D 6 N K E  
I E R X L R M D F C N B S Z B C H  
N S B J O G H A R E P P O C 1 I Z  
E P M C F L L A T N E M P K 2 H L  
B R A I N E X E R C I S E S B C A

brain exercises  
blueberries  
Alzheimers  
smoothie  
mental  
sleep

sweet potatoes  
power foods  
lifestyle  
clarity  
memory  
beans

brain teaser  
Vitamin B12  
chickpeas  
copper  
Folate  
seeds

homocysteine  
Vitamin B6  
aluminum  
plaque  
grapes  
nuts