

# AUGUST 2023

## KEEP YOUR MIND SHARP

**HELP BOOST YOUR MEMORY, CONCENTRATION, AND FOCUS BY DOING SOME FUN BRAIN EXERCISES!**



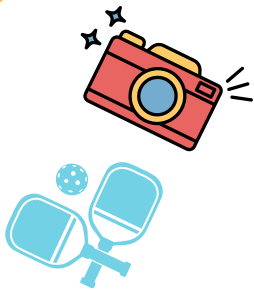
### DO A PUZZLE OR PLAY CARDS

- Looking at different puzzle pieces and figuring out where they fit requires multiple cognitive abilities.
- Card games improve memory and thinking skills.



### DANCE OR LISTEN TO MUSIC

- Increase your brain's processing speed and memory by learning new dance moves.
- Boost your creative thinking and brain power by turning on some music.



### LEARN OR TEACH A NEW SKILL

- Strengthen the connections in your brain and improve memory function by learning a new skill.
- Practice and expand your learning by teaching a new skill to someone else.

**Make it a goal to incorporate brain exercises into your everyday life. You'll challenge your mind and sharpen your cognitive skills!**

**For more ideas:**

**[13 Brain Exercises to Help Keep You Mentally Sharp](#)**