

Keep your brain active everyday! Did you know that doing puzzles like crosswords and word searches is a great way to keep your brain active? While most Canadians agree that brain health is as important as physical health, the vast majority do not make the connection between healthy lifestyle choices and brain health. A brain healthy lifestyle emphasizes the importance of overcoming monotony in our daily lives. By approaching daily activities in new ways, you use new or rarely used mental pathways.

With increasing demand for up-to-date knowledge on brain health and dementia, the Alzheimer Society of Calgary has developed an exciting interactive on-line educational resource called Dementia Basics™. For more information on this free course, visit www.alzheimercalgary.com

BOOST YOUR MARVELOUS BRAIN

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

CLUES:

ACTIVITY	ALZHEIMERS	BEHAVIOUR	BLOOD	BRAIN	CALGARY
CHALLENGE	CHANGES	CHOLESTEROL	COMMUNICATION	DEMENTIA	DIABETES
DIET	DISEASE	EXERCISE	FAMILY	FRIENDS	HEALTHY
HEART	HOBBY	JUDGEMENT	LIFESTYLE	MEMORY	PRESSURE
PUZZLES	RECIPES	RELAXATION	RISK	SLEEP	SOCIAL
STRESS					

For the answer to this puzzle and more visit us online www.alzheimercalgary.com

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