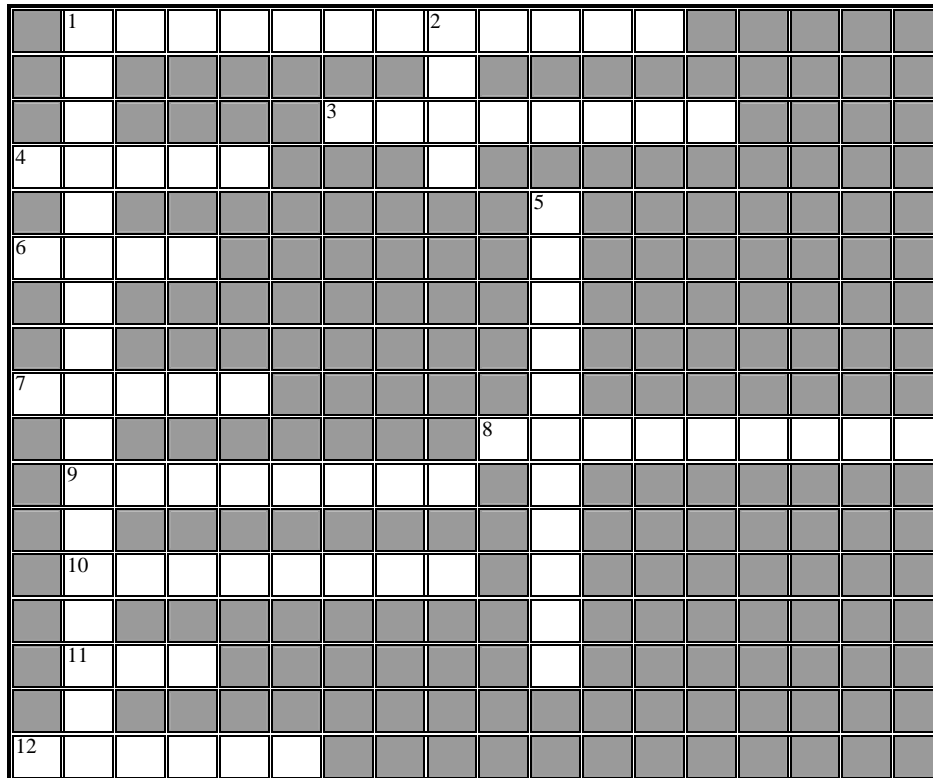


Heads Up! For a healthier Brain



ACROSS

1. Foods rich in these are considered to be good for the brain
3. This is essential for maintaining good blood flow to the brain as well as to encourage new brain cells
4. A healthy brain weighs ___ pounds
6. A good source of Omega 3 oils
7. Heart health and the health of this organ are related
8. These puzzles are a fun way to stimulate your brain
9. This is a syndrome consisting of a number of symptoms that include loss of memory, judgement and reasoning, and changes in mood and behaviour
10. Being _____ active helps make physical and mental activity more enjoyable and it can reduce stress levels
11. One risk factor you can't control with Alzheimer's disease
12. Wear this to protect your head

DOWN

1. The most common form of dementia
2. A heart-healthy ____ makes for a healthy brain
5. This film, starring Julie Christie, is about a woman slipping away to Alzheimer's disease.

Alzheimer Society

CALGARY