



## Just a little something for you...

It's our way of showing you how committed we are to our community's health. And if we help spark a few brain synapses or grow a few more brain cells, we've done something to help.

So play a few games, invite a colleague or two to do the same...and spread the word about the importance of keeping your mind active.

From all of us at,  
Oregon Advanced Imaging



Research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells.

- Stay curious and involved, commit to lifelong learning
- Read, write, work crossword or other puzzles
- Attend lectures and plays
- Play games
- Garden, learn to dance, and...

join us at  
*An Event to Remember!*

**Social activity** not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

**Physical exercise** is essential for maintaining good blood flow to the brain as well as to encourage new brain cells.

**Adopt a brain-healthy diet.** Research suggests that high cholesterol may contribute to stroke and brain cell damage. And there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.



This information has been provided by the Alzheimer's Association, Maintain your Brain program. For more info please visit: [www.alz.org](http://www.alz.org)