

# Brain Health For Older Adults

*Ways to Help Keep Your Brain Healthy*



**Quit Smoking**



**Eat Right**



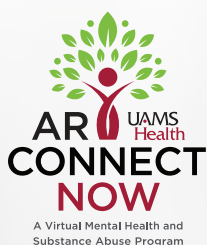
**Get Enough Sleep**



**Stay Socially Active**



**Stay Mentally Active**



Virtual mental healthcare services  
Call 501-526-3563 or 800-482-9921.  
Accessible 24/7

# Put Brain Health Into Action!

Try to get 30 minutes of physical exercise, five times per week. Increasing your heart rate improves blood flow to the brain.

## Stop Smoking

Talk to your doctor about how to stop smoking.

## Eat Right & Manage Your Health

Eat a well-balanced diet. Take medications as prescribed, and get regular check-ups. Manage your diabetes and blood pressure.

## Sleep Habits

Practice good sleep habits and treat sleep conditions. Set-up a relaxing bedtime routine with no electronics.

Schedule regular pleasant activities. If needed, talk with your doctor about your mental health concerns.

## Social Activities

Take time to meet with family, friends, and other community members.

## Brain Activities

Play games, do puzzles, and try new hobbies. Read, garden, and listen to music.

## Connect with us

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