

Brain Games

Keep the mind sharp

This interactive presentation discusses our brain as the "master computer" and the important topic of brain health. There are routine maintenance activities we can do on a daily basis that helps to keep this master organ healthy and in best working order, even as we age. Diet, physical exercise and proper rest will be touched upon. There will also be games and exercises played that stimulate and exercise different areas of our brain to help increase our memory. A strongly exercised brain can help keep our memory strong!