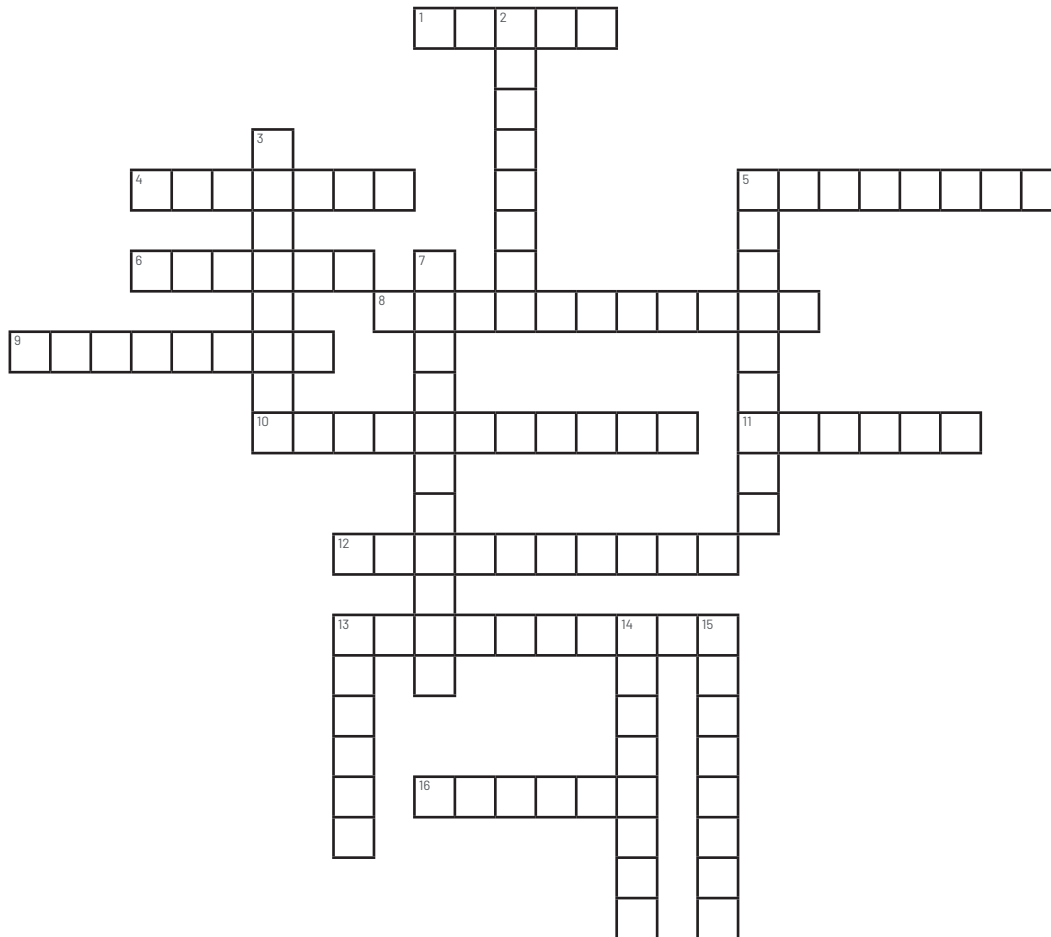


Cognitive Health

Crossword Puzzle



Across

1. _____ disorders can lead to trouble with memory and concentration.
4. Reading, learning or playing games may protect the brain by establishing a cognitive _____.
5. Cognitive health is the ability to clearly think, learn, and _____.
6. Finding ways to manage your _____ can help your cognitive fitness
8. _____ has been linked to higher risk for dementia
9. Social activities and _____ programs can keep your brain active.
10. A healthy diet helps preserve cognitive function and may reduce the risk of _____.
11. Limiting sugar _____ can help to reduce stress on your body and protect your brain.
12. A vitamin B12 _____ can affect cognitive function.
13. Engaging in _____ activities, like volunteering or hobbies supports brain.
16. Nurturing _____ contacts supports neurological health and sense of well being.

Down

2. Regular _____ may help improve brain structure.
3. High blood pressure and diabetes are risk factors for developing _____
5. Dementia is the loss of cognitive function, thinking, remembering, learning and _____
7. Exercise increases the _____ between brain cells.
13. Activities like drawing, painting, and other crafts combine _____ and physical dexterity.
14. Getting lost frequently in _____ places is one sign of cognitive impairment.
15. Learning a new skill or _____ can slow cognitive decline.

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