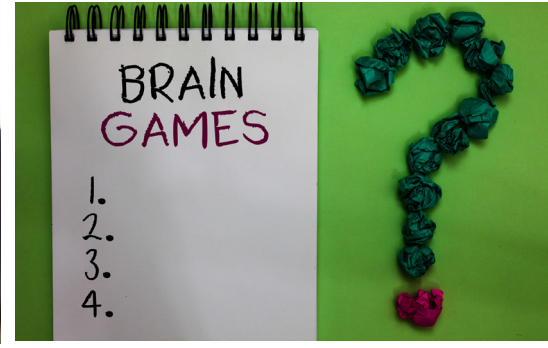


# Brain Games



## BRAIN HEALTH TIPS AND EXERCISES

- Eat well. Food is fuel and our brains run better on fuel that's full of fruits and vegetables.
- Keep your brain clear and manage your stress through meditation, prayer and mindful moments.
- Challenge your brain by trying something new or completing a normal activity in a new way.
  - Try brushing your hair or teeth with your non-dominant hand.
  - Learn a new language. ([www.duolingo.com](http://www.duolingo.com))
  - Take a music lesson via Zoom or an online program.
  - Discover more of our online resources for engaging your brain at <https://youtu.be/HHtoDgXpkfU>

*At Immanuel, our not-for-profit mission guides us to provide Christ-centered service to seniors, each other and the community. Since our founding in 1887, our priorities have always been to serve those in need, especially in troubling times. We're proud of our teams in their support of preventative precautions to keep senior residents, participants and employees safe and well. If you are supporting an aging loved one or are worried about what's next—we're here for you.*

For more details on Immanuel's response to COVID-19, and other trusted resources, check our updates page. <https://www.immanuel.com/important/covid19updates>