A Healthy Brain Diet (EXCEPTIONAL



Learning



+ attitude

Choose

positive

thoughts

today!



Sleep



Exercise



Mediatation Mindfulness



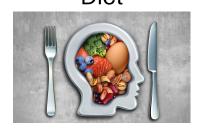
A team



Medication



Diet



Connection with family, friends and nature



to be best in an point of view. Routine [ru:'t method in act same things i procedure or





