

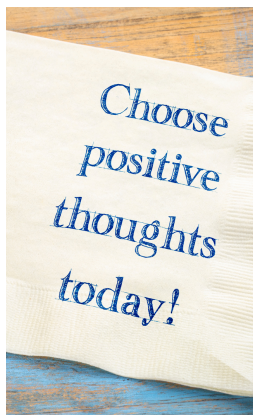
A Healthy Brain Diet



Learning



+ attitude



Down time



Sleep



Exercise



Mediation Mindfulness



Connection with family, friends and nature



A team



Medication



Diet

