

Brain Health Games

"An active mind is a sharp mind"



National Brain Health Center for African Americans

Pillars to Brain Health

N D F I T R R A B L H T Y R B
 Z O G A Q O N U A C E N N E A
 J C I F I Y W I D Z A E P V H
 W C L T K T C S A I L M S I D
 Y G I N A O H G D Y T E M T D
 D B W K S L O S T U H G N C I
 L A T N E M U I Z L Y A T A E
 S L E E P Z N M I Z T N C A T
 R W J T Y U Y F I S B A H Y Q
 F E H N M S E U N T S M L U L
 Q D G M E X E R C I S E A E P
 E Q O U P U O C V Q M L R U E
 J C J J L G D I U J I B Z T X
 F E Y E R A U E R T C C W C S
 N Y G L K Z R F Y M O X K Y E

ACTIVE
 EXERCISE
 LIFE
 QUALITY
 SOCIAL

COMMUNITY
 FAITH
 MANAGEMENT
 REGULAR
 STIMULATION

DIET
 HEALTHY
 MENTAL
 SLEEP
 STRESS



National Brain Health Center for African Americans

Cognitive Health

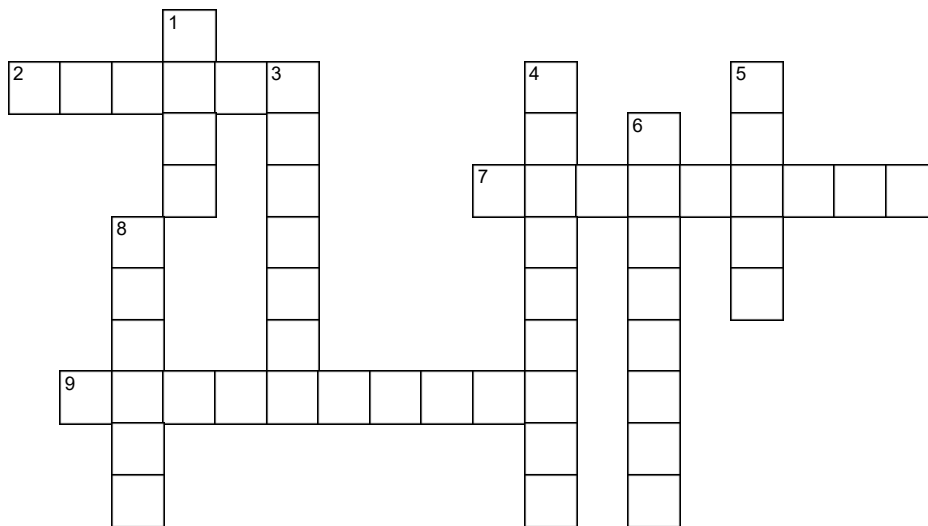
M D Y P V G F G E S U E D P N
 D Y E X V G T U K N Z F U E O
 F R W R Y V C D N K U R V J I
 E O H M E S E F Y C P I T A T
 A M V K O B I K O O T N I Y N
 J E I H E G M B S U E I D N E
 U M N O I T P E C R E P O C T
 D Z K I I L F E M T D T I N T
 G S L B S U X P B E H H Z A A
 M C L K L E G U S O R E G E M
 E F B L L A N G U A G E A N Q
 N P I E I X K G Y T I L I B A
 T F A E K K H J T K P J H H U
 E S X T Q T S R U C V M I Z C
 K S P G F T I U T Z K N V Y Z

ABILITY
 FUNCTION
 MEMORY
 REMEMBERED

ATTENTION
 JUDGMENT
 PERCEPTION
 SKILLS

EXECUTIVE
 LANGUAGE
 PURPOSEFULLIFE
 THOUGHT

Brain Health Awareness



ACROSS

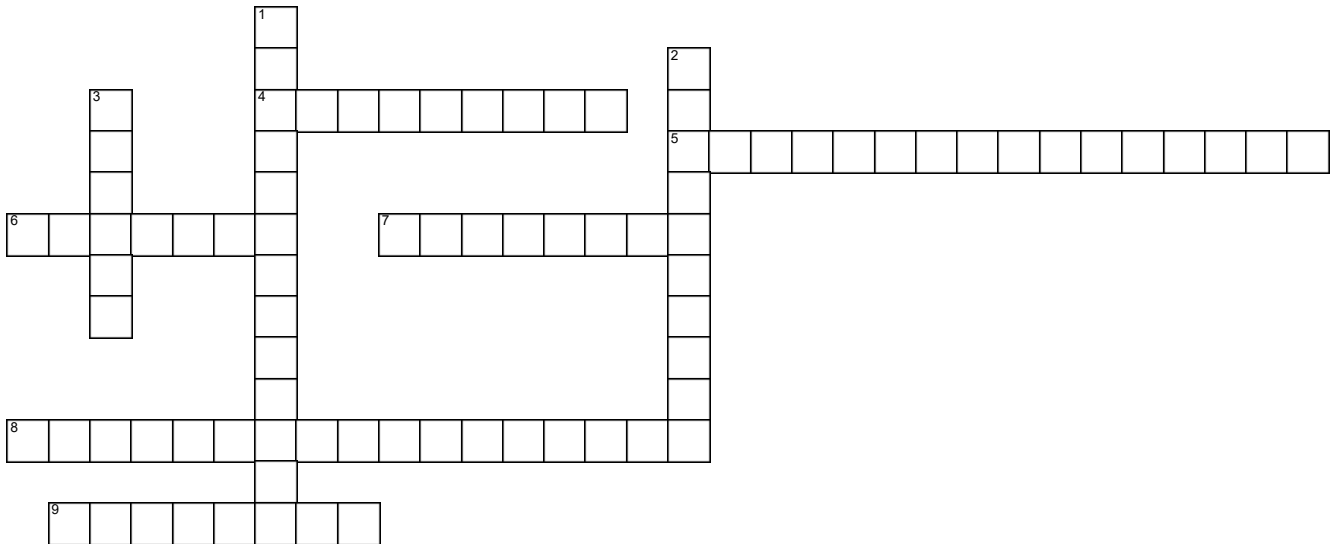
- 2 A person older or higher in rank than someone else
 7 Member of a person's social network who helps them with activities of daily living
 9 A general term for memory loss and other cognitive abilities serious enough to interfere with daily life

DOWN

- 1 A situation involving exposure to danger
 3 A short period of rest or relief from something difficult or unpleasant
 4 The identification of the nature of an illness or other problem by examination of the symptoms
 5 Strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof
 6 Decline in mental ability severe enough to interfere with daily life
 8 A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity



Cognitive Health



ACROSS

- 4 the act or state of applying the mind to something
- 5 the ability to carry out activities learned such as driving
- 6 something in the mind
- 7 a systematic means of communicating ideas or feelings by the use of conventionalized signs, sounds, gestures, or marks having understood meanings
- 8 the ability to plan and carry out tasks
- 9 the process of forming an opinion or evaluation by discerning and comparing

DOWN

- 1 ability to live a purposeful life
- 2 awareness of the elements of environment through physical sensation
- 3 the power or process of reproducing or recalling what has been learned and retained especially through associative mechanisms