



10 brain rules for aging well

1.

*Be a friend to others,
and let others be a friend to you*

2.

*Cultivate an attitude
of gratitude*

3.

*Mindfulness not only soothes
but improves*

4.

*Remember, it's never too late
to learn—or to teach*

5.

*Train your brain
with video games*

6.

*Look for 10 signs before asking,
“Do I have Alzheimer’s?”*

7.

*MIND your meals
and get moving*

8.

*For clear thinking, get enough
(not too much) sleep*

9.

*You can't live forever,
at least not yet*

10.

*Never retire,
and be sure to reminisce*