

BRAIN GAMES FOR SENIORS

Improve Memory And Mental Wellness



! Cognitive Health Boost: Structured mental health monitoring doesn't suffice. Staying mentally active with brain games is an outstanding strategy for older adults, potentially strengthening memory and reasoning.

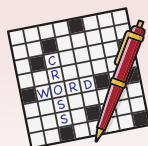
BRAIN GAMES KEY BENEFITS



TOP WORDS AND LOGIC GAMES

Crossword Puzzles

Jogs memory and recalls general knowledge facts.



Sudoku

Develop logical understanding through systematic elimination and error-free number placement.



STRATEGIC BOARD AND CARD GAMES

Chess

Complex strategic game that improves intellectual capacity and patience.



Solitaire

Solo card game that arranges columns, keeping the mind engaged and free from agitation.



1) Brain Cell Stimulation

Makes the brain work, helping cells remain healthy and active.

2) Memory Booster

Helps recall stored information and learn new things, enriching knowledge.

3) Engagement And Fun

Fun and enjoyable way to boost brain capacity.

4) Cognitive Skill Aid

Stabilizes functioning, aiding problem-solving and critical decision-making skills.

RECOMMENDED FREQUENCY



Puzzles

Daily or 2-3x/week



Board Games

3-5x/week
30-60 mins



Digital Games

1-2 hours
Avoid at night



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