

ALZHEIMER'S & BRAIN AWARENESS MONTH

HEALTHY me, HEALTHY mind



Making healthy choices now will help support your cognitive health today and into the future. The four keys to supporting brain health are **EAT, EXERCISE, SLEEP** and **CONNECT**.

EAT - Follow the MIND diet principles listed below.

10 Foods to Eat on the MIND Diet:

1. Green, leafy vegetables
2. All other vegetables
3. Berries
4. Nuts
5. Olive Oil
6. Whole Grains
7. Fish
8. Beans
9. Poultry
10. Red Wine

5 Foods to Limit on the MIND Diet:

1. Butter and Margarine
2. Pastries and Sweets
3. Red meat
4. Fried Food
5. Cheese



EXERCISE - Make physical exercise a priority and perform activities that bring you joy. Regularly exercise your brain too with activities that support growth of new brain cells, such as working on puzzles, reading, drawing or completing an educational course.

SLEEP - Strive to obtain seven to nine hours of sleep each night. Sleep improves our ability to adapt to input that we receive during waking hours and it promotes the removal of waste products from brain cells.

CONNECT - Connect with people regularly. Stay in touch with family and friends. Participating in social activities is associated with a decrease risk of cognitive decline.

Café 60 Dining in Lane County
Call for Information
www.mowlaneor.org

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Coburg, I.O.O.F. Hall
Wed Only (541) 525-6407

Cottage Grove, Community Center
Tues., Wed., Thurs.(541) 942-9261

Creswell, Crestview Villa
Mon., Wed., Fri (541) 895-2338

Eugene, Northwest Neighbors
Monday-Friday (541) 689-8011

Florence, Florence Senior Center
Mon., Wed., Fri (541) 997-5673

Junction City, Viking Sal Sr Center
Mon & Wed. (541) 998-5367

Oakridge, The Nazarene Church
Tues & Thurs (541) 782-4318

Springfield, Williamalane
Monday-Friday (541) 736-4444

Veneta, Fern Ridge Service Center
Mon., Wed., Fri (541) 935-7354