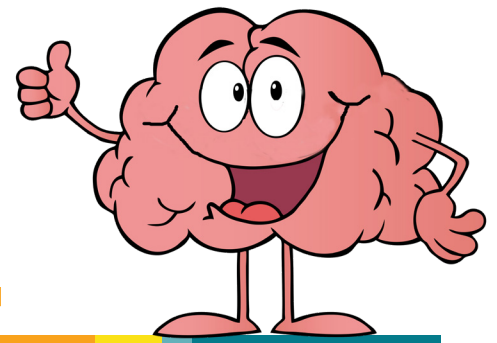


BRAIN HEALTH CHALLENGE



Keeping your brain in shape is just as important as exercising and eating right! Goshen Health has created five challenges to help you think about ways to keep your brain healthy.

<p>CHALLENGE #1 Look for the good! Write or draw one thing that made you smile today.</p>	
<p>CHALLENGE #2 Move your body! Exercise can help you sleep better. Trying new activities can be fun. Write or draw how you moved your body today.</p>	
<p>CHALLENGE #3 Talk it out! Talking about things that worry or upset you can help you feel better. Write the names of people that you can talk to about your feelings.</p>	
<p>CHALLENGE #4 Get fresh air! Spending time outdoors can help improve your mood. Go outside and explore. Then, write or draw something that you see, hear, smell, or feel.</p>	
<p>CHALLENGE #5 Take a break! Everyone needs some down time once in a while. Write or draw your favorite way to relax your mind and body.</p>	