

## USE IT OR LOSE IT

Your brain is like a muscle. You need to use it or lose it! Every day you should do something to make your brain work: puzzles, reading, or learning something new!

## SPEAK OUT!

Speak Out! and LSVT are special programs designed to help improve voice in people who have Parkinson's Disease

## HEARING LOSS

Untreated hearing loss is associated with an increased risk of developing dementia, so wear hearing aids if you need them!

## HYDRATION

Hydration is crucial for cognitive function, as it supports concentration, memory, and mood, while dehydration can impair brain performance.

## FUN FACTS

Here are some fun facts in honor of National Speech-Language Hearing Month!

## EXERCISE

Physical exercise increases the production of brain-derived neurotrophic factor (BDNF), which supports brain cell growth and maintenance.

## EATING WELL

Poor nutrition can contribute to brain fog, slower thinking, and increased risk of cognitive decline. Make sure to eat well.

## SLEEP

Adults should get at least 7 hours of sleep a night. Not enough sleep can lead to impaired memory, less energy, and impact your overall health conditions.

## HEARING CHECKS

Adults over 50 should have their hearing checked at least every 3 years