

## Brain Maintenance Quiz

### True or false?

1. Your brain stops growing after age five.
2. Television provides good brain exercise.
3. The lower your education level, the higher your chances may be that you will suffer from dementia later in life.
4. If you exercise your brain a lot when you are young, you build up reserves to fight brain problems later.

### Helpful activities to keep your brain sharp as you age:

- Learn new hobbies.
- Study a new language.
- Do crossword puzzles.
- Play chess or other games.
- Read, read, read.

MINI-LESSON

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