



Brain Fitness

Section Summary

- Education level is associated with an individual's relative risk of developing dementia.
 - However, regardless of education level, participating in educational or cognitively stimulating activities at any age may be beneficial in reducing the risk of cognitive decline and maintaining cognitive abilities.
 - Such activities include reading and playing card, board or word games.
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Activities

Activity One: Play a Word Game

- Screenshare (if using video conferencing) or use a whiteboard to play a game of Wordle (Can be found at www.nytimes.com/games/wordle)
 - If you have another brain teaser or word game you like you can use that instead.
- Have participants work together to solve the puzzle.
- With this activity it is important to emphasize that there are many games that could be considered cognitively stimulating and that working the brain can be a fun, daily activity rather than a chore.

Activity Two: The 6 Items Memory Quiz

- Use screensharing (if using video conferencing) or a whiteboard to present the group with 6 images or words.
- After 30 seconds remove the images or words from the screen and ask participants to write down the 6 items that were on the screen
- With this activity it is important to emphasize that this activity is designed to work the brain and improve cognitive function. There is no pass or fail in this exercise.

- However, it may be useful to ask participants to reflect on how they did compared to how they thought they would do.
- If running a virtual session, feel free to use our image deck [linked here](#).

Discussion Questions

- What activities do you do to keep your brain active?
- Is “brain exercise” something that you were previously aware of and/or thought about as a component of your overall health?