Your Health Matters

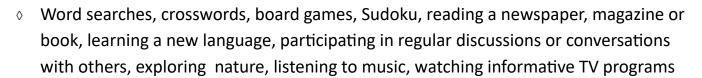


MAXIMIZE YOUR MEMORY

Having a good memory and strong thinking skills can help you make proper judgments and decisions when needed, to help prevent falls.

Tips:

- Keep fit and exercise regularly.
- Maintain a **healthy diet** and eat regular meals.
- Learn ways to manage your stress.
- Keep well-rested and maintain regular sleep patterns.
- Participate in activities that challenge your memory and thinking skills such as:



- Keep up your **social relationships** or seek out new networks of friends.
- Use a calendar to record special dates and appointments. Strike each day off as it goes by.
- Create a **daily routine** and refer to it throughout the day.
- Set reminders for yourself such as:
 - ♦ Voice messages, writing messages on post-it notes, setting alarms or timers
- Write things down. Record important pieces of information such as medications or phone numbers.
- Be organized. Have a place for everything and put things back in their place so you will know where to find them.

