

8 Steps to Brain Health



When you think about taking care of your body as you get older, don't forget about your brain. Each part of your brain plays an important role in your daily life. It is important to take care of your brain health.

Tips for brain health and memory:

Get 30 minutes of movement each day



Get 7-9 hours of sleep per night



Manage blood pressure



Eat fruits and vegetables



Socialize with friends and family



Keep your mind active



Stop smoking



Limit alcohol consumption



It's never too late to adopt healthy habits!



Memory and Healthy Aging Program

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