



# YOUR BRAIN HEALTH...

## AN IMPORTANT PART OF A WELL-ROUNDED LIFESTYLE.

Science has made remarkable strides in understanding the brain and what it needs to help you remain vital and independent. Our brain health, wellness and enhanced mindfulness programming puts these discoveries to work, providing a well-rounded blueprint for you to create a positive outlook and a healthy lifestyle.

### LIVING A HAPPY, HEALTHY LIFE IS GOOD FOR YOU... AND YOUR BRAIN.

At American House, we believe that if you live well, you will be well. By staying active, eating well and exploring new interests and friendships, our residents enjoy a happy, healthy lifestyle.

### EVERY GOOD FITNESS PROGRAM OFFERS GREAT BENEFITS.

Our wellness and enhanced mindfulness programming contributes to our residents' healthy lifestyle and includes social-based brain training workouts that help boost daily thinking, improve mental acuity and build confidence.

#### Key Elements:

- Understand the science behind brain health
- Socialize, engage and get to know people on a new level
- Learn by doing and develop memory skills that will rev up your recall
- Adapt simple strategies to help you remember names, lists and stories
- Incorporate healthy nutrition as part of your overall wellness

Call **(888) 894-9374** or visit **[AmericanHouse.com/brainhealth](https://AmericanHouse.com/brainhealth)** to learn how our mindfulness programming can contribute to your overall wellness.

#### Benefits:

- Cognitive training supports better attention, quick thinking, multi-tasking, short-term memory and reasoning
- Physical exercise improves blood flow and memory; it stimulates chemical changes in the brain that enhance learning, mood and thinking
- Social interaction provides emotional balance and enhances intellectual stimulation
- Collaboration with others helps you retain information
- Eating smart can positively impact brain health

### THE BENEFITS OF A HEALTHY LIFESTYLE, BACKED BY SCIENCE.

Our priority is to provide as many opportunities as possible for you to create a happier, healthier you with choices that help build better brain health. The social activities you enjoy, whether it's volunteering, taking a class or attending a lecture or community event, have been shown to improve memory, according to a study at Rush University Medical Center. In addition to valuable social interactions, research has also shown that exercise increases blood flow to the brain and improves important cognitive connections.

**YOUR STORY. TO BE CONTINUED.**  
[AmericanHouse.com/brainhealth](https://AmericanHouse.com/brainhealth)

**American House**  <sup>TM</sup>  
 SENIOR LIVING COMMUNITIES