

# Did you know that activity, attitude and simple lifestyle changes can boost your brain health?

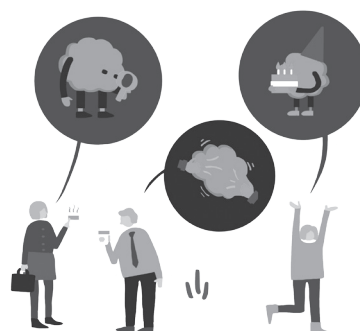
## Top Tips for Brain Health

- Get physically active
- Stay socially engaged
- Challenge your brain
- Manage stress, think young, think positive
- Adapt your lifestyle to protect your brain

**HelloBrain.eu** provides easy-to-understand information about brain health and practical tips on how to keep your brain healthy.



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