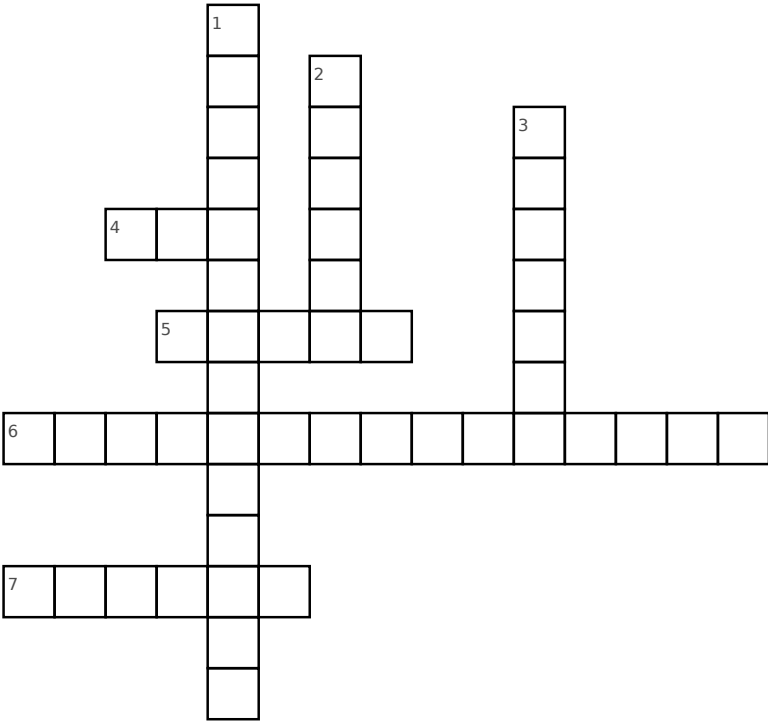


World Alzheimer's Day Crossword Puzzle



Down:

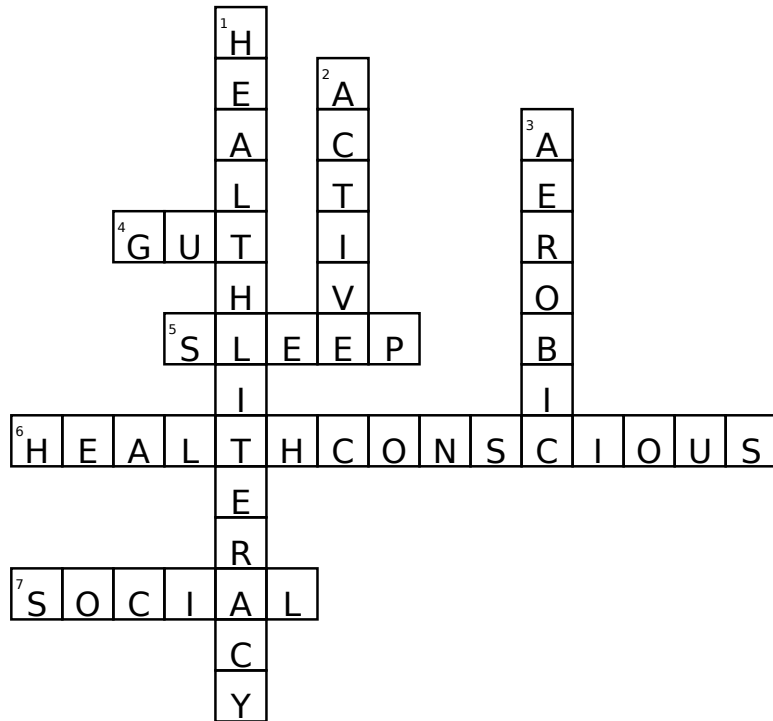
1. Thanks to _____, I'm able to make the best health decisions for myself and my family.
2. I want to change my lifestyle to become more _____.
3. _____ exercise increases blood flow to the brain.

Across:

4. A diet high in fermented foods can help your _____ health.
5. This can be improved by reducing caffeine intake and getting more natural sunlight.
6. To care for one's diet and lifestyle.
7. Staying _____ can help improve your memory.

World Alzheimer's Day Crossword Puzzle

Answer Key



Down:

1. Thanks to _____, I'm able to make the best health decisions for myself and my family.
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Across:

4. A diet high in fermented foods can help your _____ health.
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