

Brain Health

Fend off brain fog with healthy habits

Say Hello to Summer Word Search

Playing brain games may help improve your reaction time and problem-solving ability. It is important to find one that you will want to continue to play. Just like going to the gym, you can't expect your brain to stay in shape if you stop exercising it. Solve the word search below for a fun brain exercise.

U	K	M	H	Z	F	S	Q	X	A	N	P	L	S	E
A	W	V	N	T	K	I	R	S	O	L	A	E	T	Y
S	W	I	M	H	J	C	S	L	S	F	X	M	R	Y
F	N	Q	I	F	L	C	E	H	F	R	N	O	A	L
I	D	X	B	G	F	M	K	K	I	X	Y	N	W	F
T	E	B	X	X	R	I	U	Z	O	N	D	A	B	I
B	A	R	B	E	Q	U	E	N	H	P	G	D	E	R
B	J	V	T	Q	S	C	O	G	C	X	F	E	R	E
Q	U	A	W	J	L	I	W	C	U	A	B	M	R	F
B	W	J	L	X	T	N	R	M	R	A	M	D	I	L
E	E	T	G	A	D	E	K	P	P	U	I	P	E	I
B	N	A	C	S	U	N	S	C	R	E	E	N	S	E
H	L	A	C	D	D	Z	W	G	O	Z	H	Z	K	S
A	V	M	X	H	G	A	R	D	E	N	L	A	H	M
D	Y	K	J	F	X	N	E	A	H	Z	L	V	T	S

Barbeque

Beach

Camp

Fireflies

Fishing

Garden

Lake

Lemonade

Strawberries

Sunscreen

Swim

Vacation

Watermelon

Read this [article](#) to learn about the healing power of pets.

Solve this [crossword puzzle](#) for a brain workout.

Watch this [video](#) to learn about 5 breakfasts for brain power.

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