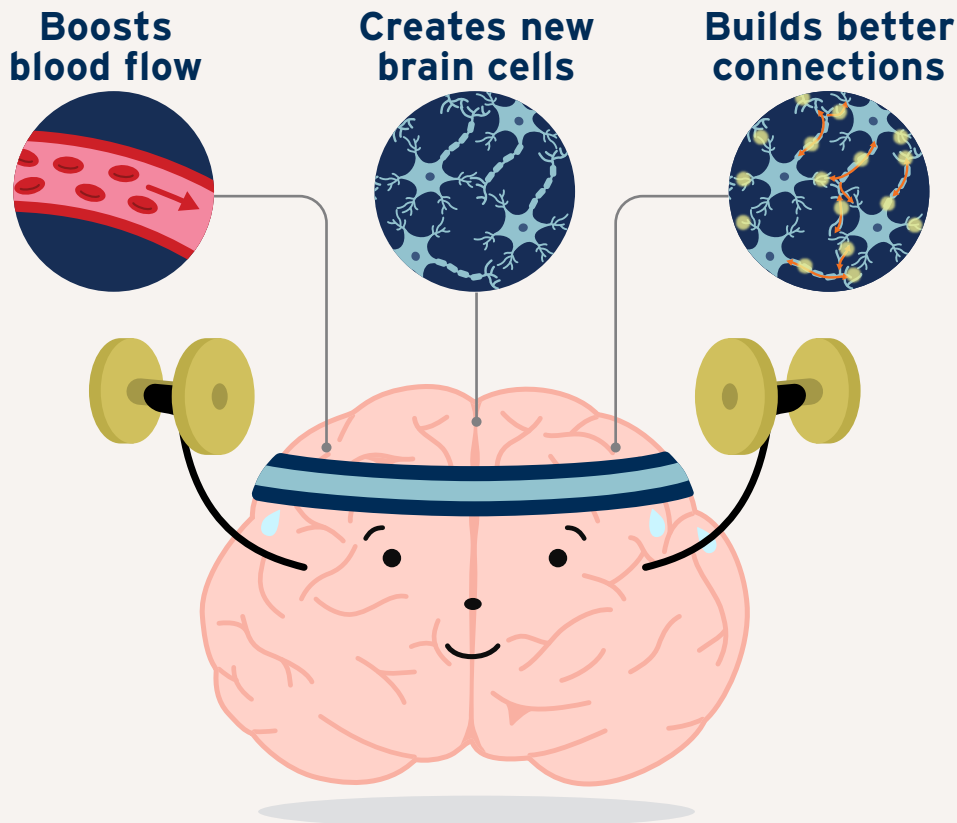


WHAT IS COGNITIVE ENGAGEMENT?

- Any activity that is **mentally stimulating** and **engages your brain**
- Cognitive engagement results in a healthier brain and decreases your dementia risk

HOW DOES IT WORK?

Cognitive engagement is a workout for your brain:



Challenge yourself

Keep yourself continually challenged, thinking, and learning

Mix things up with new activities!

Routine activities will not have the same benefits because you are no longer being challenged

Learning is good for everyone

This is true no matter how young or old you are, even if you have a dementia diagnosis

HOW CAN YOU TAKE ACTION?

Choose activities that challenge your brain and bring you joy

- Pick something that motivates you

Aim for a whole-brain workout

- Different activities exercise different parts of your brain

Participate in activities with a friend or community member

- Being social also engages your brain



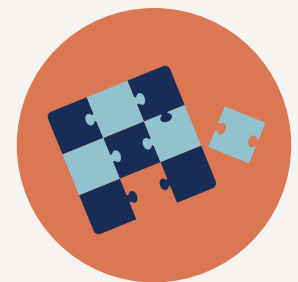
Knitting



Sports



Painting



Puzzles



Book club



Music



Creative writing



Photography