

memory



**SPEND TIME
WITH FAMILY
AND FRIENDS**



**AVOID
DANGEROUS
SUBSTANCES**



SLEEP WELL



**TAKE GOOD CARE
OF YOUR HEALTH**



**HAVE
A HEALTHY DIET**



LEARN



BE ACTIVE



**AVOID HEAD
INJURIES**



**SPEND TIME
WITH FAMILY
AND FRIENDS**



**AVOID
DANGEROUS
SUBSTANCES**



SLEEP WELL



**TAKE GOOD CARE
OF YOUR HEALTH**



**HAVE
A HEALTHY DIET**



LEARN



BE ACTIVE



**AVOID HEAD
INJURIES**

