### Healthy habits for our brain

#### Learn a new language.

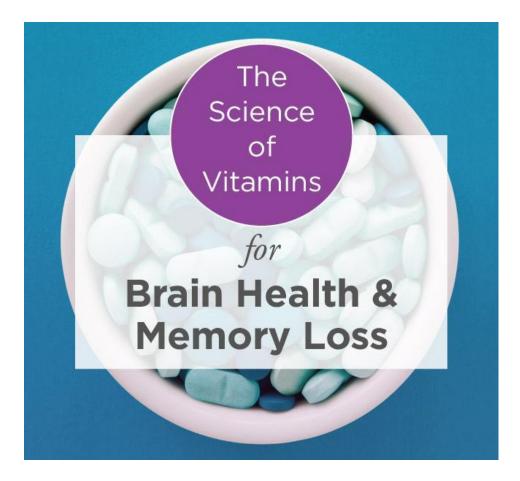






# Vitamins for brain

- Vitamin B12
- Vitamin E
- Vitamin B1
- Vitamin B9
- Vitamin C
- Vitamin D



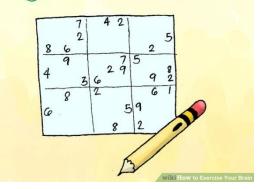
## Logical games for improving our intelligence





http://www.gamesforthebrain.com/

SUDOKU PUZZLE





## To walk in your house with closed eyes





