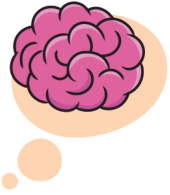


# Your brain needs care every day.



VIRTUAL BRAIN  
HEALTH CENTER



**Exercise your brain.** Do things that help your brain stay strong like reading books, solving puzzles, and going on adventures.

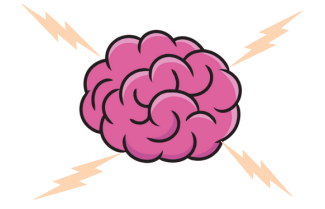
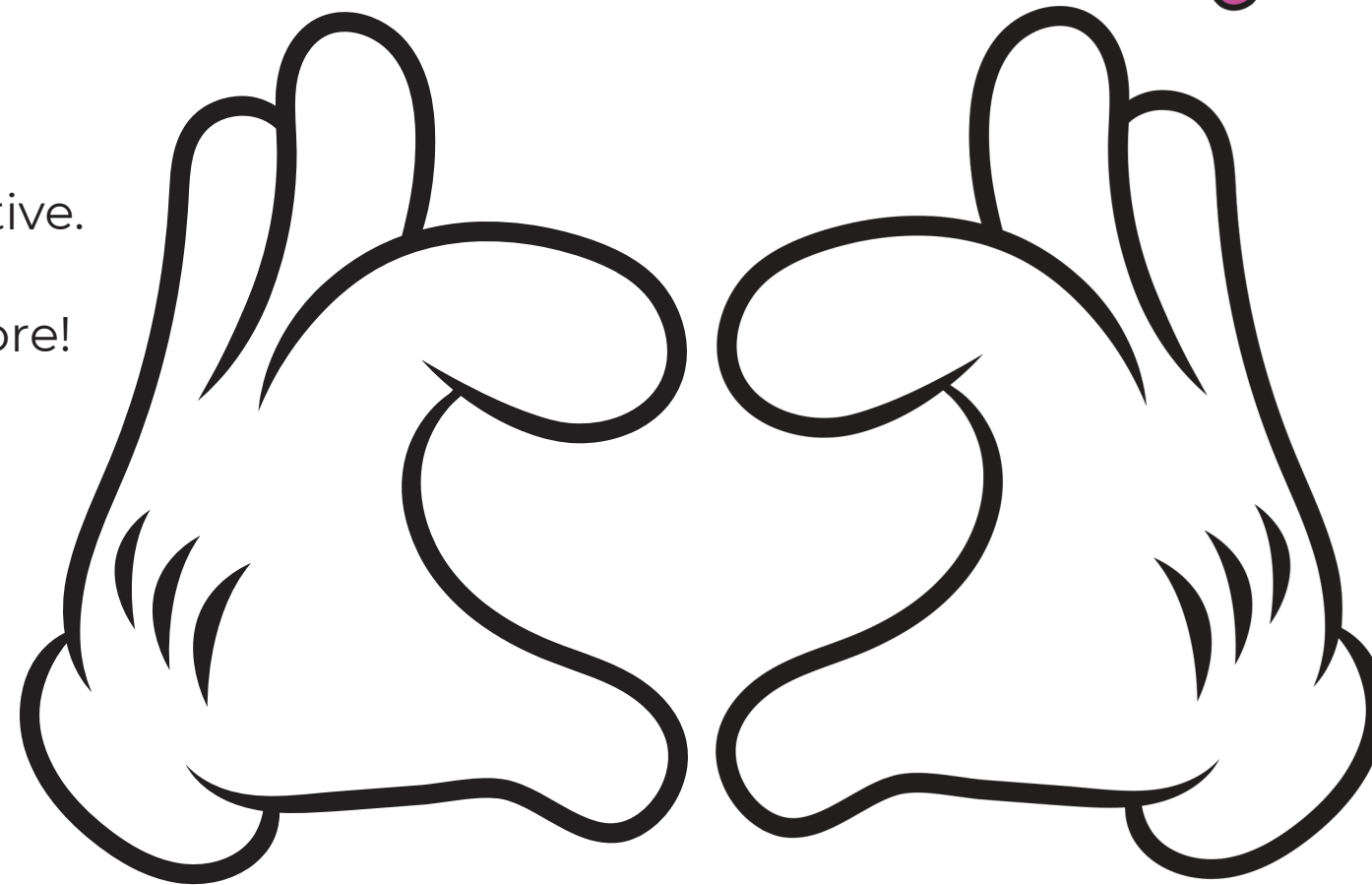


Your brain and body like to be active. **Move your body** — walking, dancing, jumping, rolling, and more!



You get one brain and it is your job to protect it. Wear a helmet and wear your seatbelt in the car.

## BRAIN HEALTH



Your brain requires a lot of energy. It's important to drink plenty of water and eat nutritious foods every day.



It's important to **talk about your feelings** with people you trust—this helps your brain.

## SLEEP

Your brain needs to **rest and relax**. Sleep is necessary to function well.

**You can make choices every day to keep your brain active & healthy.**