

# Resolve to Protect Your Memory in 2018



“Should auld acquaintance be forgot...” Or better yet, remembered! Give your brain a workout and find 20 great ways to protect your memory in this puzzle.

- BRAIN TRAINING
- EXERCISE
- FALL PREVENTION
- FRUITS
- HEALTHCARE
- HYDRATION
- LEARNING
- MEDICATION REVIEW
- MENTAL STIMULATION
- MODERATION
- MOOD CARE
- NUTRITION
- QUIT SMOKING
- REDUCE STRESS

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



- SEATBELTS
- SLEEP
- SOCIALIZATION

- VEGETABLES
- VISION CARE
- WEIGHTS