

## Brain Morsels: Introduction

Keeping your brain healthy as you age



This program on keeping your brain healthy as you age was developed by members of the Center for Neurosciences Foundation (CNSF), in Tucson, AZ. Interns from the University of Arizona have assisted us. The mission of the CNSF is to support community education in the neurosciences and to raise awareness of diseases of the nervous system. The scope of our mission includes engaging people in learning about development and lifelong care of the brain and nervous system.

You will find in this collection 12 packets of materials that will focus on **key elements that neuroscience research has now clearly shown to support brain health and brain function across the life span and in the face of stress**. In addition, woven throughout, there will be some side road tours, like creativity or the power of touch. While not directly addressing what we call the Pillars of brain health, these topics just delight us and reveal some of the astonishing complexity of the brain. We also include an exploration of stress, both chronic and acute, because stress can have serious consequences not only on body functions, but also on brain function. Certainly, those of us in the stage of life we call aging know a thing or two about the stresses encountered with aging! Overall, in our discussions of the normally aging brain and how we can support, and ultimately respect and honor it, we embrace approaches to brain health that enhance neuroplasticity, the capacity of the brain to change – to learn, remember and adapt to our ever-unfolding circumstances.

The packets will include:

- Information about the 5 key pillars that support brain health, always with a focus on what the brain is doing or how it is affected.
- Activities related to the element or process under discussion that will allow your own exploration of the topic.
- Often, a short article on a topic about the brain, such as why chocolate is so pleasurable to many.
- Challenging puzzles

Enjoy!

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