

Brain Health For Older Adults

Ways to Help Keep Your Brain Healthy



Keep Moving



Quit Smoking



Eat Right



Get Enough Sleep



**Manage Your
Emotional Health**



Stay Socially Active



Stay Mentally Active



AR Connect

Free virtual mental healthcare services
Call 501-526-3563 or 800-482-9921.
Accessible 24/7

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Donald W. Reynolds
Institute on Aging

Arkansas Geriatric Education Collaborative

Put Brain Health Into Action!

Physical Activity	Try to get 30 minutes of physical exercise, five times per week. Increasing your heart rate improves blood flow to the brain.
Stop Smoking	Talk to your doctor about how to stop smoking.
Eat Right & Manage Your Health	Eat a well-balanced diet. Take medications as prescribed, and get regular check-ups. Manage your diabetes and blood pressure.
Sleep Habits	Practice good sleep habits and treat sleep conditions. Set-up a relaxing bedtime routine with no electronics.
Manage Your Emotional Health	Schedule regular pleasant activities. If needed, talk with your doctor about your mental health concerns.
Social Activities	Take time to meet with family, friends, and other community members.
Brain Activities	Play games, do puzzles, and try new hobbies. Read, garden, and listen to music.

Connect with us

Arkansas Geriatric Education Collaborative (AGEC)

4301 West Markham St, #798

Little Rock, AR 72205

AGEC@UAMS.edu

501-603-1965 | agec.UAMS.edu

Neuropsychology Service Psychiatric Research Institute

4301 West Markham St, #568

Little Rock, AR 72205

Phone: 501-526-8200 | Fax: 501-526-5296

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