

Alzheimer's Disease

Prescription to Learn^{Rx}

Brain Fitness: Staying Mentally Active

Recommended for you by your healthcare provider

The following program has been recommended for you to help you better understand:

- How staying active physically, mentally, and socially and eating a healthy diet may improve brain health

Alzheimer's Disease and Brain Fitness Online Program

Recommended for you

- Brain Fitness: Staying Mentally Active**

To access this program and additional resources, go to:

education.webmd.com/brain



In this program you will learn how staying physically active and socially engaged and eating a healthy diet may help keep your brain healthy.