

bcpvpa



October 14, 2022

Wordle Your Way to a Better Brain

Are you a Wordle-fan? Maybe you prefer the traditional crossword puzzle, Sudoku, a jigsaw, or chess match. These mentally challenging activities may have a protective effect on your brain, and could help lower your risk for dementia associated with Alzheimer's Disease.

And, if puzzles and games don't count as 'fun' for you, there are other ways to challenge your brain. Use your nondominant hand to eat, write, or hoist your coffee, or walk a different route to school or the grocery store. Above all, stay engaged!

[Find out more about the power of puzzling.](#)

A handwritten signature in black ink, appearing to read "R. Morandini", with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.