

Alzheimer's & Brain Awareness Month

June is Alzheimer's and Brain Health Awareness Month, a global movement dedicated to highlighting brain health, reducing stigma, and supporting the millions of people living with Alzheimer's or other dementias.

Word searches are an excellent mental exercise. They help stimulate concentration, visual agility, and pattern recognition. While they don't cure Alzheimer's, they are a useful cognitive stimulation tool to keep the mind active and slow cognitive decline.



FIND THE WORDS HIDDEN:

**VITRA
ALZHEIMER
ADULT
FOSTER
CARE
NURSE
CAREGIVER
HEALTH**



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