

INSPIRING BRAIN HEALTH FOR SENIORS

JUNE 13, 2024 – CRENSHAW CHRISTIAN CENTER

#1 WHAT ARE YOUR NUMBERS?

- CHECK YOUR BLOOD PRESSURE EVERY WEEK**
 - CHECK CHOLESTEROL AND SUGAR LEVELS AT LEAST ONCE A YEAR**
- **UNLESS RECOMMENDED MORE FREQUENTLY BY YOUR HEALTHCARE PROVIDER



#2 HOW DO YOU RELAX?

- DO YOU KNOW THERE IS GOOD STRESS AND BAD STRESS?
- WHAT TOOLS DO YOU USE TO MANAGE STRESS?



#3 HOW DO YOU SLEEP?

- DO YOU HAVE A PROCESS FOR ENDING YOUR DAY?
- DO YOU FEEL RESTED IN THE MORNING?
- DO YOU TAKE NAPS?



#4 DO YOU EXERCISE?

- HOW OFTEN DO YOU MOVE YOUR BODY?
- DO YOU HAVE PHYSICAL LIMITATIONS REQUIRING MODIFICATIONS?
- PREFER BEING ALONE OR WITH OTHERS WHILE ENGAGING IN EXERCISE?




#5 WHAT DO YOU DO FOR FUN?


- DO YOU ENJOY TRYING OR LEARNING NEW ACTIVITIES?
- WOULD YOU PARTICIPATE IN MONTHLY LEARNING CIRCLES AT CCC?



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<https://healthymindsinitiative.org> 

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NEW HABITS TO INCORPORATE INTO MY LIFE

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Healthy Minds Initiative aims to INSPIRE! We focus on “Intervention Strategies for Preserving Intellectual Resilience and Engagement” (with a focus on Alzheimer’s prevention and lifestyle interventions). At the Healthy Minds Initiative, we firmly believe that brain health is an integral component of holistic well-being and that communities play a vital role in supporting individuals and families in their brain health journeys.

We respect the knowledge and wisdom of our Senior friends and family. We would be honored to have you serve as a Coach for your CCC Community.

To learn more contact:

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