



TBH “NEW CONNECTIONS” WORKSHEET

THE SCIENCE

Research shows that being social may in fact be one of the best things we can do for our brains. Simply spending time with others has been linked to a lower risk for memory loss over time. In fact, a recent AARP survey found that folks over 40 who have larger social networks report better brain health than those with a smaller number of social ties. Conversely, those unhappy with their level of social engagement are more likely to complain of cognitive problems. Altogether the evidence shows that staying socially active may be one of the most important keys to long-term brain vitality and decreased risk of dementia.

NOW DO IT!

Pair up with someone in class. Ask your partner these two questions, then introduce them to the class with the answers you received.

- What is your first name?
- Tell me a story about the last thing you forgot.

Switch and share your story with your partner.

TBH TAKEAWAY

Since research has shown us that our brains work faster and smarter when we're in the company of others, these classes are the perfect place to connect with one another and enhance our cognitive skills.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!