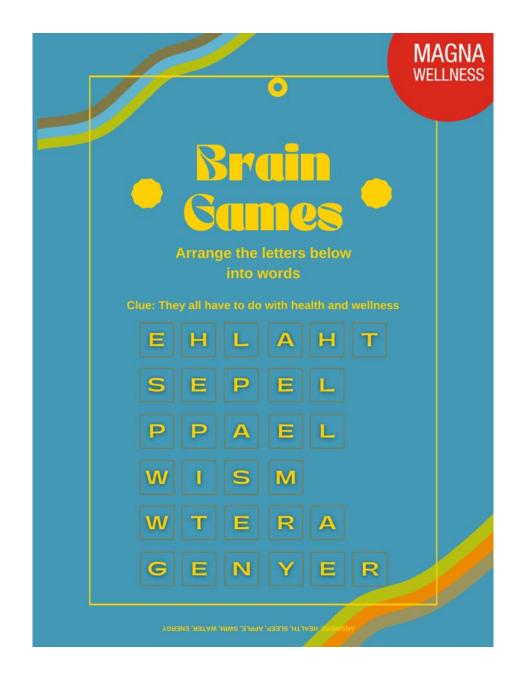


## MAGNA WELLNESS

## **Brain Games**

Try out this word scrambler brain game to help improve your memory, attention, learning speed and problem solving skills. In younger adults, brain games help improve brain function while in older adults these games help preserve brain health. Some other fun brain games on the internet include Sudoku, crosswords and number puzzles. Taking a few minutes out of your day to play some of these games will help you focus better during your workday. Try one out today!



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