

April is Parkinson's Awareness Month

Celebrate with these six simple ways to boost your brain power



Keep Learning Choose activities that keep your brain working. Set out to complete a complex goal or learn something new.

Take a Book with You Reading is a complex task that requires multiple parts of the brain to work together. A complex book can improve memory and cause positive neurological changes that last even after you've stopped reading.



Drink Caffeine Several studies have shown that caffeine may reduce the risk of developing Parkinson's. A cup a day may also help with motor symptoms, boosting memory and lowering the risk of depression.

Stay Social Staying social has been proven to help retain cognitive sharpness. Surround yourself with people who make you laugh and smile, or make new friends.



Groove to the Music Listening to music can improve memory. Singing and dancing to a song helps cognitive and physical functions.

Laugh Out Loud Laughing stimulates different areas in the brain. Some studies show laughing can also improve short-term memory. Watching a funny movie or cat video is also a natural stress reducer.

