



## 6 Steps to Better Brain Health

**1. Good Nutrition** Brain Foods are foods rich in anti-oxidants, vitamins, minerals or healthy fats. (Example of 10 healthy brain foods include beets, avocado, broccoli, dark chocolate, salmon walnuts, blueberries, turmeric, rosemary, coconut oil)

**2. Regular Exercise** can improve your mental health, help relieve stress, improve memory, improve sleep and boost your overall mood.

**3. Good Sleep** can directly impact brain and overall physical health by clearing out toxins that build up throughout the day.

**4. Reducing Stress.** Chronic stress is proven to be a contributing factor for many mental and physical diseases. For the brain, stress can actually kill brain cells and shrink the brain resulting in cognitive decline. Luckily, the plasticity of the brain allows it to mold, change, and rebuild damaged areas as you practice new behaviors to reduce stress.

**5. Being Socially Active** There is scientific evidence that people who connect with family and friends generally perform better on memory tests and other cognitive skills and are actually less likely to develop dementia than those that are isolated.

**6. Mental Stimulation** Stimulating and challenging the brain appears to improve its ability to compensate for age-related changes and disease. Research suggests that engaging in brain in challenging mental exercises can cause the brain to make structural alterations, that may increase plasticity and cognitive reserve.



**Rosemary Moritz,**  
Founder, PERK Brain  
Activities offered at  
Legacy Senior Living

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dream retirement?*

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Your Tour Today!*

**604.240.8550**

## March Learning Sessions 604.240.8550

### March 3rd - 2:30 pm to 3:30 pm Learning Session: Estate Planning & Tax Tips



*Presented by Sheralynne Merritt from Rise CPA with Introduction by Chadwick Walker from Odlum Brown Limited.*

Sheralynne will discuss ways of minimizing tax, maintaining peace in the family and best methods for achieving these objectives.

Pre-registration is required by March 1st by calling 604.240.8550.

### March 10th - 2:30 pm to 3:30 pm Learning Session: Healthy Nutrition



*Presented by Vlad Navarro, Home Instead Senior Care.*

Healthy eating begins with you! Giving your body the right nutrients and maintaining a healthy body weight can help you stay active and independent.

Pre-registration is required by March 8th by calling 604.240.8550.

### March 24th - 2:30 pm to 3:30 pm Travel Presentation: Pacific Coastal Cruises & Tours



*Presented by Sabrina Ouellette and Mollie O'Connor.*

Follow the route established by Captain George Vancouver on the Salish Seas and Desolation Sound, one of the richest coastal marine environments on Earth.

From intimate coastal cruising to Grizzly Bear Viewing Tours, Pacific Coastal Cruises & Tours offers you a BC coastal adventure steeped in authenticity. Join us to learn more.

Pre-registration is required by March 22nd by calling 604.240.8550.



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## About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

## Contact Us

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