

Greetings!

Celebrate [Brain Awareness Week](#) (BAW) March 13-19th. BAW is the global campaign to increase public awareness of the progress and benefits of brain research.

In addition to the many [events](#) taking place during and after Brain Awareness Week, there are resources available to promote overall brain health. Exercise and brain training games have proven to [boost brain function](#).

[Click here for downloadable resources and brain games.](#)

Congratulations to Akshay Balaji of Virginia! 2016 Brain Awareness Video Contest Winner

"Hearing Red, Tasting Blue: When the Senses Mix!"



[What is the right kind of exercise for brain health?](#)

A new study looks at the ideal type of exercise to beef up your brain.

For seniors, challenging mind games and [mentally-stimulating activities](#) to help maintain cognitive abilities are helpful. These types activities have also proven to work directly on reversing cognitive deficits.

The mission of [Oasis Senior Advisors](#) is to positively impact families during a difficult time in their lives. We do this by providing a FREE, personal and compassionate service to help our families find the right assisted living for their loved ones.

Oasis Senior Advisors is committed to helping seniors and families navigate the available senior living options in your area. Call me today if you or someone you know needs my help.

Click here to follow Oasis Senior Advisors on [Pinterest](#) for senior brain games.

Respectfully yours,

Susan Doyle

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