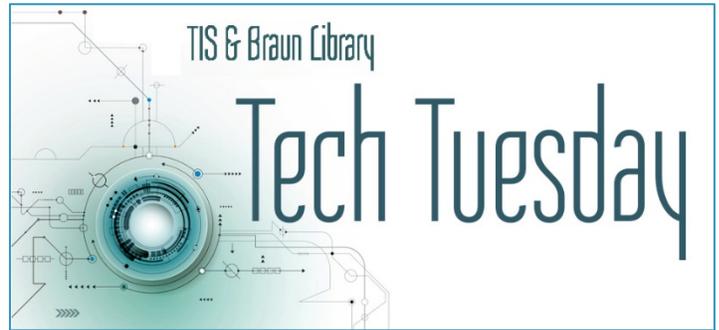


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# Brain Games

## Keep Your Mind Fit



### WHY AND HOW

Are you forgetful? Misplacing things? Worried about dementia?

You can slow down your brain aging process with brain games and puzzles.

Some studies have even suggested that playing brain games can reduce the risk or progression of Alzheimer's and other types of dementia.

Exercise – whether physical or mental – is a great antidote to depression. Games that you play with others also help with isolation and loneliness.

You may already be doing these – crossword puzzles, word searches, board games, Sudoku, Mah Jong, card games, even jigsaw puzzles help keep your mind sharp.

The goal is to find games that are FUN but not too FRUSTRATING. Challenging but not too difficult.

Start slowly on easy puzzles and progress gradually to harder ones.

Some games are apps to download and play on your mobile device or computer.

Other games let you play directly on the Internet without downloading anything.

Some free games give access to introductory levels and charge for more advanced levels.

Other free options limit the number of games you can play each day, and some free websites have lots of ads scattered in.

Subscriptions require setting up a username and password. The game tracks your progress and adjusts the games appropriately.

The best games will include a variety of activities.

## BEST ONLINE BRAIN GAMES

Brain Curls

[braincurls.com](http://braincurls.com)

Brain HQ

[brainhq.com](http://brainhq.com)

Happy Neuron

[happy-neuron.com](http://happy-neuron.com)

Jigsaw Puzzles

[thejigsawpuzzles.com](http://thejigsawpuzzles.com)

Luminosity

[lumosity.com](http://lumosity.com)

Mah Jong

[themahjong.com](http://themahjong.com)

Memozor

[memozor.com](http://memozor.com)

Mind Games

[mindgames.com](http://mindgames.com)

Sharp Brains

[sharpbrains.com/brainteasers](http://sharpbrains.com/brainteasers)

Sixty + Me

[games.sixtyandme.com](http://games.sixtyandme.com)

Solitaire

[solitr.com](http://solitr.com)

Trickster Cards

[trickstercards.com](http://trickstercards.com)

Trivia Plaza

[triviaplaza.com](http://triviaplaza.com)

Wheel of Fortune

[wheeloffortune.com](http://wheeloffortune.com)