

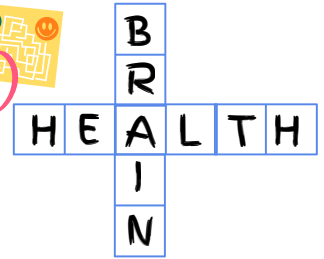
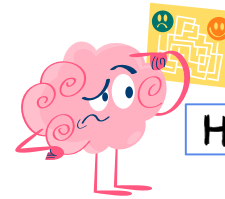
Know Your Neighbour

September 2025

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Find the **Bolded Orange Letters** in the information below to spell the title!

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8 Tips to Help Keep Your Brain Healthy!



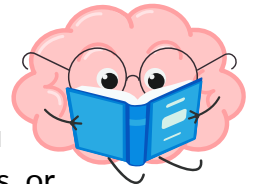
1. Be Active:

Moving your body is good for your brain. Go for a walk, ride your bike, or play outside. Try to be active for at least 30 minutes most days of the week.



2. Use Your Brain:

Do things that make you think, like puzzles, games, or learning something new. Reading books or playing brain games like crosswords or **S**udoku can help keep your brain strong.



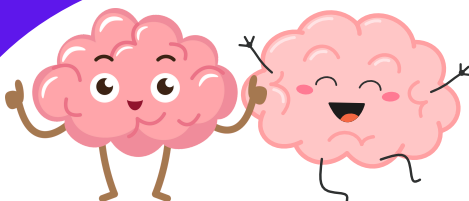
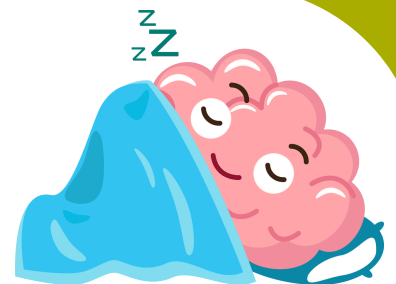
3. Eat Healthy Foods:

Eat lots of fruits, vegetables, and whole grains. **T**ry not to eat too much sugar or fried foods. Fish and other foods with healthy fats are good for your brain.



4. Get Enough Sleep:

Try to **s**leep 7 to 9 hours every night. Having a bedtime routine can help you sleep better.



5. Stay Connected:

Spend time with your **f**amily and friends. Talking and playing with others helps your brain and keeps you happy.

Find the words below in the puzzle!

Brain
Health

Sleep

Exercise

Socializing

Nature

Nutrition

Activities

Puzzles

Games

X R J P O S C V F P Z Y H B H
Q H E U L O K E E Z Y U D Q E
Y O G Z B C G Z B H P K A F A
E O A Z V I S J O U A A K B L
A N C L K A L O G I I H P R T
K U T E R L E S A N R B I A H
V T I S B I E X M W A T B I B
B R V M F Z P Q E A B T G N G
B I I L X I M L S R D T U F U
H T T X I N S Y D J C Y Q R T
O I I N Y G Z M P G W I D P E
X O E O W H Q U H P N R S T Z
H N S S A D Q I I S D Y C E E
S H Z Q Y N C D W K C Q L S O
S C O Q Q W P V O A S N V E X

[Check Out More Brain Games Here](https://poki.com/en/brain)

<https://poki.com/en/brain>

Hello, Neighbour!



Samira Saadi, Lakeland Family Resource Network Hub Coordinator

About me: I live in Bonnyville and have been passionate about soccer since I was 7, playing all the way through to university. I still bring that same team spirit and energy into my work today! I'm also known for my ability to juggle (figuratively... and sometimes literally!)

Why I love being a Hub Coordinator:

Helping, advocating for, and supporting others is what drives me; it's why I chose social work and earned my diploma. In my role, I work with families of children ages 0 - 18 offering information, referrals, and advocacy.

A part of my role is supporting families with brain health concerns such as ADHD, Autism, complex diagnoses, and FASD through referrals to appropriate programs and agencies. The Lakeland Family Resource Network, through its 2 spokes in Bonnyville and Cold Lake, will be hosting sessions with local and guest experts. I also support caregivers with strategies, tools, and support tailored to their needs.

Get in touch with Samira!

www.lakelandfrn.ca

Facebook: Lakeland Family Resource Network

frncoordinator@town.bonnyville.ab.ca

(780) 201-3499

Mental Health Line 1-877-306-2642

Alberta CMHA

Mind Your Mind

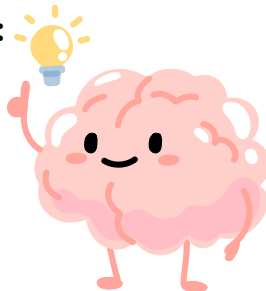
6. Handle Stress:

When you feel worried or upset, try deep breathing or quiet time. Do fun things like drawing, listening to music, or playing outside to feel better.



7. Take Care Of Your Health:

If you have health problems like high blood pressure or diabetes, go to the doctor and take your medicine. Taking care of your body also helps your brain.



8. Stay Safe:

Protect your head! Wear a helmet when biking or playing sports, and always wear a seatbelt in the car.



[Alberta Indigenous
Virtual Care Clinic](#)



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North Zone PCN Health
Neighbourhoods