



Like our Facebook page to get our free **GUIDE TO OPTIMAL BRAIN HEALTH**

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Our Guide to Optimal Brain Health will tell you the
**6 simple changes you can make to
improve your brain's health starting today:**

Find out...

...what happens in your brain as you sleep (and how short-changing yourself affects your brain's health)

...how your diet can nourish your brain (and what foods to avoid to protect it)

...why a little stress is good for your brain—but why too much of it can hurt you

...just how much exercise you really need, and how it works to recharge your brain

...how love, sex, and friendship can help your brain stay healthy (hint: they are much more effective than crossword puzzles!)



Weill Cornell Medicine
Brain & Spine Center