

# BRAIN BUSTER- PUZZLE 1

Just two hours of brain exercises a week can markedly improve a person's mental capacity and help fight age-related memory loss according to a recent study by Alzheimer's Australia WA.

- Participants found improvements in their memory and were able to follow conversations better.
- Brain has the ability to change in response to new learning.
- Exercising the brain reduces the risk of developing dementia in later years. (extracted from the Alzheimer's Australia website)

## MUMBO JUMBO

Unscramble each of the clue words.

Take the letters that appear in  boxes and unscramble them for the final message.

### **CLIMATE**

RETWEAH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROSTM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NIRA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DANTOOR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HIAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MDU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The answer for this puzzle will be sent out with next weeks puzzle.  
Good Luck!

# Protect Your Head



**What You Do Today  
Will Affect You Tomorrow**

**DON'T BE A PUSSY!**

**Awareness Campaign & Fundraiser**

**Bundaberg CBD Pavilion**

**Thursday 17th June 2010**

**10am- 12noon**

**Fundraising to purchase safety  
head gear for  
vulnerable and  
high risk candidates**

