



Ways to reduce the risks of developing Dementia

Eat Antioxidant-Rich Foods!

Never miss a chance to eat **Fruit** or vegetables to infuse your brain with antioxidants.

Five to nine daily portions are great, but every little bit counts.

Blueberries, strawberries, figs, asparagus, garlic, spinach and avocados are some of the best options.

DEMENTIA FRUIT SALAD!

As this is the final Brain Buster puzzle we are going to test your memory. Attached to the email was another file called "Dementia Fruit Salad" this page has all of the fruit that has been displayed over the past 42 puzzles, however there is a new fruit amongst the others.

Use your stimulated brain and power of memory to locate this new addition?

The answer to this puzzle will be located on our facebook page and website next week.

<http://www.facebook.com/pages/STEPS/370749566683> or www.steps.net.au/csDementia.asp

STEPS Community Services has been monitoring all the answers to the puzzles received over the duration of the program.

We have a special prize to the individual or group who has sent through the most answers.

Congratulations

Staff & volunteers of



Bundaberg Visitor Information Centre

Your prize is on its way.

Puzzle 41- CRAZY CROSSWORD! Answer

Les Miserables

Congratulations to those who solved this puzzle and thank you for emailing your answers through



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Saturday 21st May 2011

Gin Gin Masquerade Ball - Gin Gin RSL Hall

