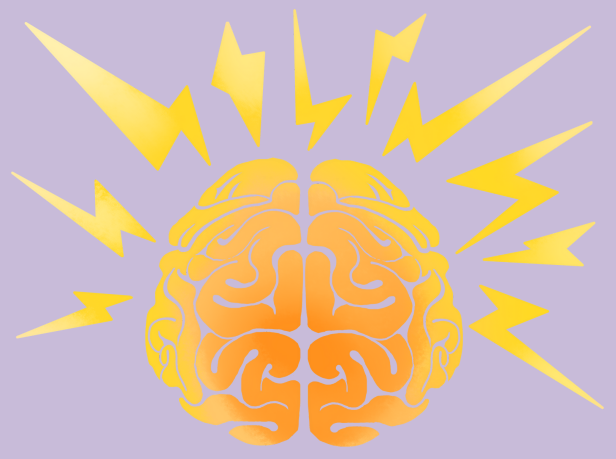


MEMORY IMPROVEMENT

1- Get Enough Sleep



2- Train Your Brain

3- Do Exercise



4- Focus Your Attention

5- Keep Stress in Check



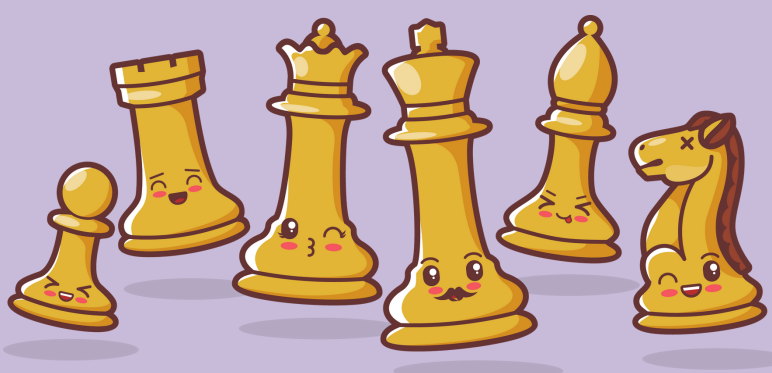
6- Do Meditate

7- Change Your Habits



8- Try Something New

9- Make Time For Friends



10- Play Board Games