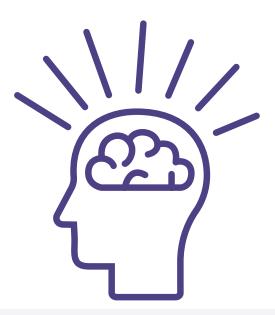
Hobbies for a Healthy Mind

The brain, similar to any other muscle, can wither if not used. It is believed that people with strong minds typically live more fulfilling lives. Below are some suggestions to stimulate your mind. Choose a few that interest you and work to incorporate them each day.







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MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).



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