

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.



Try brain games, such as crossword puzzles, Sudoku or scrabble



Stay up-to-date on current events



Read a book or join a book club



Complete a jigsaw puzzle



Watch a thought-provoking movie



Play video games



Attend an adult education class at your local community center



Take up photography



Learn to play an instrument



Start a hobby; browse your local craft store for ideas



Study a foreign language



Volunteer



Take cooking lessons



Travel



Plant a garden



Learn how to use the computer or a new computer program



Play cards



Exercise by walking, swimming, golf, yoga, tai chi, dance, golf or bowling

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**).

