

**REGISTER FOR
A FREE CLASS**

@recreatingradiancelife

Natural Systems for Greater Human Nature

Activation #3: MAKE RHYTHM ON PURPOSE FOR BRAIN HEALTH, JUST USING HANDS & FEET

THE REAL CONCERN ABOUT ALZHEIMERS & DEMENTIA
if you're hoping it just won't happen to you, you might want to get conscious about being proactive

- 569,600 The number of Canadians living with dementia in 2020.
- 955,900 The number of Canadians living with dementia in 2030.
- 124,000 The number of Canadians diagnosed with dementia in 2020.
- 61.8% of those living with dementia in 2020 were women.
- 1 in 5 Canadians have experience caring for someone living with dementia.

<https://alzheimer.ca/en/about-dementia/what-dementia/dementia-numbers-canada>

**BUT WAIT...WE ARE MORE IN THE DRIVERS SEAT
OF OUR BRAIN THAN WE THINK:**

DID YOU KNOW THAT:

1. **Sedentary behaviors = Higher risk of brain related diseases**
2. **Learning something new & practicing it = new brain synapses**
3. **Synapses are the communication pathways between brain cells**
4. **More synapses = Better cognitive function**
5. **Multi-sensorial exercises = building more synapses**
6. **They combine movement, rhythm, sound & more**
7. **Practicing regularly = a larger "Brain Health Bank Account"**
8. **Our capacity to create new synapses is one of our body's built-in abilities.**
9. **We can use our hands and feet to practice daily in just 5-10 minutes.**
10. **You don't have to be good at it at all to get all the benefits.**

THAT IS SUPER COOL!

**Email me to join a free introductory class
to learn how to do this for yourself!**

**Was this helpful? I'd love to hear your comments and invite you
to email me at robyn@recreatingradiance.life**

For more information visit: www.recreatingradiance.life

