



www.TraintheBrainPBC.org

The Brain Health Pledge

I will take care of my brain EVERY DAY. I will sleep at least 7 hours, add fruits and vegetables to my meals, get active for at least 30 minutes, calm my mind in a quiet place, spend time with friends and family and show kindness to all people, especially those with mental health conditions.

#TraintheBrainPBC

e-mail address: _____

zip code: _____

MERRELL FAMILY
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Leading Change for Better Health