- Brain / Board games

WHO KNEW?

GREAT GAME TO WARD OFF BRAIN AGING

Playing board games is a study-proven way to safeguard memory, and American mahjong may be one of the best for your brain! Researchers in *The Journal of Prevention of Alzheimer's Disease* discovered that adults who played regularly had improved memory and slower rates of cognitive decline. That's because the game requires brain-boosting strategic thinking and problem-solving, plus playing with others adds a level of socialization that's known to improve memory.

