

## Brain Games

Try out this word scrambler brain game to help improve your memory, attention, learning speed and problem solving skills. In younger adults, brain games help improve brain function while in older adults these games help preserve brain health. Some other fun brain games on the internet include Sudoku, crosswords and number puzzles. Taking a few minutes out of your day to play some of these games will help you focus better during your workday. Try one out today!

A graphic for a word scrambler brain game. It features a blue background with yellow and green wavy lines at the top and bottom. The title "Brain Games" is in large yellow font. Below it, the instruction "Arrange the letters below into words" is written in yellow. A clue "Clue: They all have to do with health and wellness" is provided. The letters are arranged in a grid of six rows and five columns. A red circle with "MAGNA WELLNESS" is in the top right corner. At the bottom, the answers are listed: "ANSWERS: HEALTH, SLEEP, APPLE, SWIM, WATER, ENERGY".

**MAGNA  
WELLNESS**

# Brain Games

Arrange the letters below  
into words

Clue: They all have to do with health and wellness

E	H	L	A	H	T
S	E	P	E	L	
P	P	A	E	L	
W	I	S	M		
W	T	E	R	A	
G	E	N	Y	E	R

ANSWERS: HEALTH, SLEEP, APPLE, SWIM, WATER, ENERGY