

KEEP



HEALTHY HABITS

IN MIND



HEARING Auditory exercise in daily listening situations provides ear-to-brain stimulation that nurtures vital brain connections and quality-of-life benefits.



MEDICAL By preventing or effectively managing chronic conditions such as diabetes, kidney disease or high blood pressure, healthy body systems contribute to optimal brain function.

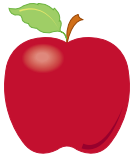
Good to see you!

SOCIAL Enriched connections with family, friends and colleagues boosts mentally active lifestyles. Making precious memories helps to keep them.

ZZZZ

SLEEP The proper amount of uninterrupted sleep helps rejuvenate your body and mind. Being refreshed and alert is an ideal way to start your day.

NUTRITION In many respects, we are what we eat. A well-balanced diet featuring certain vitamins, minerals and antioxidants nourishes brain function and protects it from oxidative stress.



EXERCISE Physical activity increases the heart rate and pumps more oxygen to the brain. During this process, hormones released may promote growth of brain cells and neural connections.



MENTAL FITNESS Traumatic brain injuries, concussions and strokes may affect cognitive function. These types of neurological issues should be proactively and expertly evaluated.



Your Brain Health,
Our Focus



Ears Collect, Brains Connect.™

Auditory Stimulus

Precious Sounds



Your Joy of Hearing, *the Best Fit*

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