

# "Q.E.D."

Unscramble the ten words below by rearranging the order of the letters -- then fill them in the spaces above to find out why it's useful to exercise your brain on games and puzzles!

L A M E N T

S K I D

H E R C A R E S

R A T E

M E G A S

R E N A L

S W O R D

T A R T S

M U T I L A T E S

P H A S E

Everyone knows that \_\_\_\_\_ brains continue to \_\_\_\_\_ and grow, but new \_\_\_\_\_ suggests that even the brains of older adults are not "frozen." They respond well to \_\_\_\_\_ exercise such as \_\_\_\_\_ involving \_\_\_\_\_ like the ones that follow here. It is also useful to \_\_\_\_\_ your senses and to seek out new experiences. \_\_\_\_\_ your brain workouts now and get yourself in \_\_\_\_\_. It works, as will be shown -- or as they say in Latin, "quod \_\_\_\_\_ demonstrandum"!