Learn for brain health

As adults grow older, it's important for brain health to have new learning challenges, and to improve problem–solving and reasoning skills.

Endless possibilities: Choose a subject or a skill you are curious about or wished you explored when you were younger. Want to learn a musical instrument? Become more computer-savvy? Improve car maintenance skills?

Local learning: Take a course at a library, community college, or recreation center.

Online and free: Check out the wide variety of free, online courses at **edx.org** or **coursera.org**.