

# MY BRAIN

is mine for life.

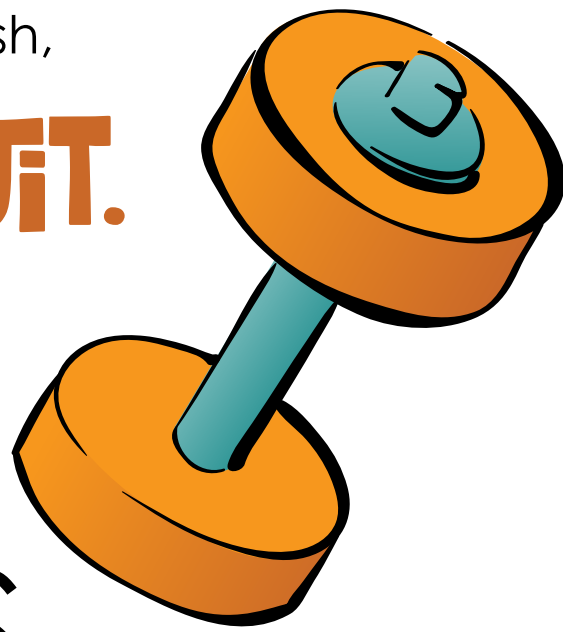
Like any other valued possession,  
IT DESERVES SOME TLC.

That which strengthen's my **BODY** also strengthens my **BRAIN**.

Likewise, if I fill my body with junk and allow it to get sluggish,

**MY BRAIN WILL FOLLOW SUIT.**

My brain is a  
WORK IN PROGRESS



The more I refine it, the brighter it will shine, the longer it will thrive.

# THE BRAINFESTO

Sign Here

Name \_\_\_\_\_

Date \_\_\_\_\_

To cherish my brain is to  
**CHALLENGE IT.**

UNLIKE A STUBBORN OLD **DOG.**

My thirsty brain  
CAN LEARN NEW TRICKS

**AT ANY AGE.**



MY BRAIN LOVES COMPANY.

**GOOD FRIENDS**  
ARE JUST AS INSPIRING AS GOOD BOOKS.



BrainupFL.org

IT'S YOUR MIND, MAKE IT MIGHTY.