

MY BRAIN

is mine for life.

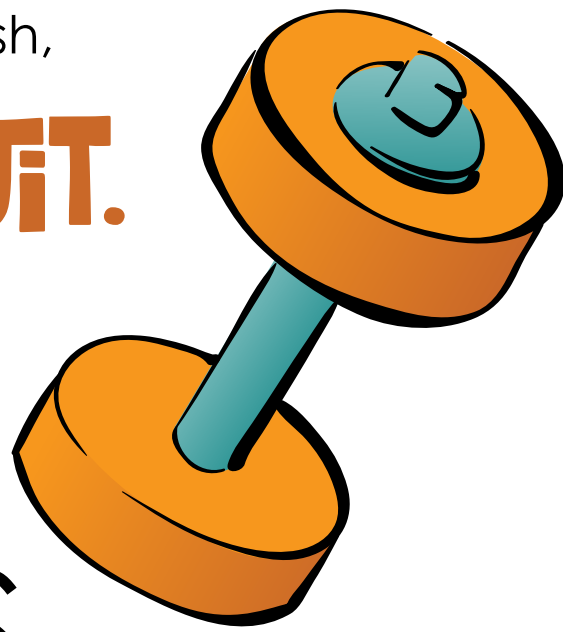
Like any other valued possession,
IT DESERVES SOME TLC.

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.