



The Edge

Community Newsletter

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Back to School

September means it's time to go back to school, for kids. But it doesn't just have to be about the kids, it could be time for a lifestyle change for adults too! There is a lot of emphasis these days on staying physically healthy, but we should also be concerned for our mental well-being. Our brains continue to expand and adapt to the stimuli they receive throughout our lives. The more we take care of our brains, the better thinkers we become. Here are some things you can try, to develop a healthier brain!

Read a good book. Reading a book stimulates the imagination. Your brain can't keep from drawing mental pictures when you read. Reading gets your mind off its butt and to work.

Get plenty of rest. A lack of sleep can interfere with your ability to assimilate new information. This means those all-nighters you pulled back in college were much less effective than you thought. Your brain needs rest to operate at its peak performance. This may be why things always seem clearer and brighter after a good night's sleep.

Exercise regularly. Cardiovascular exercise improves blood flow to the brain which improves brain functioning. One study found that physical exercise actually helped to increase the volume of the brain. So, if you want a bigger brain, get to exercising!

Eat a good breakfast. It is not a myth. Eating a good breakfast does get you off to a better start. You should eat a breakfast high in protein and good carbohydrates. A couple of pieces of whole-grain toast with peanut butter will fit the bill. Eggs are also an excellent source of protein. Nuts, milk, and fresh fruit are also great ways to feed your brain.

Think positive thoughts. Encourage yourself. They say that your brain works much like a computer, garbage-in, garbage-out. Find positive, encouraging people to hang around, read material that jazzes you up, do whatever it is that makes you feel good about yourself. These things will also help you be more mentally productive.

Be a continual learner. Never stop being curious about your world. Seek out new experiences, skills, and knowledge. Think of something that you've always wanted to learn to do and then get started.

By keeping up these habits and developing a routine you are on your way to developing a healthier brain!

~ <http://mysuperchargedlife.com>

Art Walk At The Park

The Second Annual Art Walk at the Park is going to be held on Sunday, September 4th at the Cenotaph Park in Edgewood.

There are going to be many genres of art from oil paintings and felting, to wood carving, and much more!

This year at the Art Walk At The Park there will be local musicians playing, to liven up the atmosphere. Also The Art Walk At The Park is going to host a concession stand, so if you start feeling hungry you won't have to go too far!

Everyone is welcome! A great opportunity to experience some of the wonderful talent our communities have to offer! Bring your family and friends!

PLUS You can cut out the coupon on the right side for free lunch for your whole family at the concessions stand!

FAMILY COUPON for Art Walk Concessions
Good for free food and drink for your family at the concessions at The Art Walk At The Park!
Limit: 1x Food Item and 1x Drink per Family Member.
SNACKS! BEVERAGES!



Name _____

Registered charities in Canada perform valuable work in our communities, and Canadians support this work in many ways.

The Edge's Registered Charity #86745 45 RR0001. We welcome regular givers.

The Edgewood Community Internet Society RR#1 Site 5, Comp 18 Edgewood B.C. V0G 1J0

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