Improve Your Memory
Recommended for Adults

The brain controls and regulates various parts of our body and abilities, including memory. Each day brings new experiences and potential to learn new things. With all this new information, your brain decides what is most important to remember. We can help our brains and memory retain its “plasticity,” the brain’s ability to adapt and change, through various methods. These methods include, but are not limited to, physical exercise, social interactions, sleep, and playing games! Check out these great resources to help your brain’s “plasticity.”

Lynda.com
Improve Your Memory - https://tinyurl.com/vkow4sj
Study Skills Fundamentals - https://tinyurl.com/tt2384j

Kanopy
Exercising Your Working Memory - https://tinyurl.com/scrdbmd

Universal Class
Memory Improvement - https://tinyurl.com/ya97bwmo

Overdrive
The Trained Memory by Warren Hilton - https://tinyurl.com/qsnw5ko

Hoopla
365 Games & Puzzles to Keep Your Mind Sharp by Kim Chamberlain
https://tinyurl.com/s7rcw8c
10-Minute Brain Teasers by Dr. Gareth Moore - https://tinyurl.com/vp6dpqw
Brain Games by Allen Bragdon - https://tinyurl.com/uvxs3q8
The Literary Pocket Puzzle Book by Neil Somerville - https://tinyurl.com/yxyrjrsn

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GALE
HCOPLA
KANOPY
LEARNING EXPRESS

LYNDA
MANGO
OVERDRIVE
RBDIGITAL
UNIVERSAL CLASS