

[BRAIN GAME]

STAY SHARP WITH WD

Welcome to the first of our brain-boosting activities that will appear in every issue! Solving crosswords, sudoku puzzles or other brain teasers promotes communication between brain cells, which may delay the onset of memory loss and diseases like Alzheimer's, says Paul D. Nussbaum, PhD, neuropsychologist and author of *Save Your Brain*. Try this sudoku puzzle today.

HOW TO PLAY: Enter a number from 1 through 9 in each square, making sure each square in every row, column, and nine-square region (marked by a bold line) contains a different number. Find the solution online at womansday.com/answers or in the next issue.

Puzzle provided by sudoku-puzzles.net [medium difficulty]

	9		6	4	8		3	
7								2
		3				6		
2	1		4		5		8	6
				7				
3	4		1		9		5	7
		1				4		
9								8
	7		2	1	3		6	

TOP LEFT: SHUTTERSTOCK

