Freeze! That brain freeze you get is actually your brain’s way of making you slow down and keep your body temperature from dropping. Even cats can get a brain freeze!

**Healthy Brain = Healthy Heart**
Taking care of your brain health keeps your brain strong and helps you to learn and remember, solve problems and make decisions.

- **Add Color**
- **Choose Water**
- **Move More**
- **Never Vape or Use Tobacco**
- **Sleep Enough**

**How Does Your Brain Work?**
Your brain is like your body’s own supercomputer. It’s incredibly fast in making decisions, taking only about 1/10,000th of a second. Billions of nerve cells send and receive information all over your body and it also controls your thoughts, movements and memories.

**BRAINS IN TROUBLE - ACT FAST!**
A stroke is a medical emergency in which your brain stops working, often because blood flow is blocked. That means your brain isn’t getting oxygen and nutrients. If you act FAST, you can help.

These are signs of a stroke—and what to do if you see them:

- **Face Drooping**
- **Arm Weakness**
- **Speech Slurred**
- **Time to Call 9-1-1**

**Smart Protection!**
Your brain is covered by your skull (cranium) which has 22 bones that work like a helmet for your brain. Your brain floats in fluid (cerebrospinal fluid) that cushions it from bumping around and protects it from infections.

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