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## **Talking About Brain Health and Aging: The Basics**

Aging well depends on your genes, lifestyle choices, and environment. Even if you're healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, which can be important for maintaining our independence.

Good overall health may help to maintain good brain health. [Talking About Brain Health and Aging](#) provides helpful information and tips to help you stay active and healthy, physically and mentally.

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