



## BRAIN HEALTH BOOST



### Brain Health Matters and Florida Is Reopening

For the past several months, we have been bringing you these daily **Brain Health Boosts!** The Boosts were designed to help you protect your brain and body health, and fight brain and physical illness during the stressful times of the COVID-19 pandemic.

While COVID-19 is still very much a part of our life here on the Suncoast, the world is slowly starting to re-open and we are seeing a return to what many are calling the “new normal.” The current school year has officially ended and kids are no longer attending classes at home. Summer camps and other summer programs are opening, with restrictions. Some of us may be returning to work, while others are settling into our new routine in our home office with lots of video calls. It’s almost like the passing of a major storm: we’re removing the hurricane shutters and venturing out to see what happened while we were inside.

And we all have questions about what is open, what isn’t, and what will be open soon. Florida’s phased reopening can be confusing for many of us. The Florida Department of Health website, Florida Health, has a step-by-step guide to the Governor’s [plan for recovery](#). Along with an easily understood summary of the Plan for Florida’s Recovery, the Florida Health site posts daily updates of the latest COVID-19 numbers by county, along with answers to many of our COVID-19 questions.

As for the **Brain Health Boosts!**, we’ll continue coming to you, but we will be transitioning from information about COVID-19 to science transitioned into tips from the Brain Health Initiative on promoting your brain health and fighting brain illness across the lifespan.

Please, do take good care.

**About the Brain Health Initiative** ([www.brainhealthinitiative.org](http://www.brainhealthinitiative.org))

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, with a specific focus on *brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization*. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference. **To view all Brain Health Boosts** [click here](#).