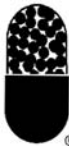




**By Lance Wheeler, Pharm.D.  
Owner/Manager**

## **Activity Helps Aging Brains**

A recent study of over 2700 women in their 80's found a specific correlation between cognitive function and activity level. The women were fitted with a device that measured their physical activity. Daily tasks like cleaning and gardening, as well as small movements like fidgeting were recorded for several days. Those women with the highest levels of activity scored better on cognitive tests than those with the lowest. Doctors at Mayo Clinic say that this research is further proof that regular physical activity (30 minutes per day) has benefits for the brain as well as the body.



**772-6902**  
**MEDICAP**  
PHARMACY®

**M-F, 9am - 8pm • Sat. 9am - 3pm**

**Now Open At 40/42!**

