

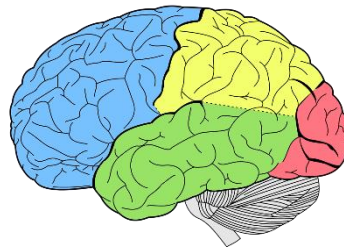


LIVE YOUR WHY

Afterschool Edition



Fun Fact: Information can travel up to 268 miles per hour in your brain! *



Any idea what the slowest signals in the brain are?



Find out at:



www.nm.org/healthbeat/healthy-tips/11-fun-facts-about-your-brain

*www.discovermagazine.com/health/numbers-the-nervous-system-from-268-mph-signals-to-trillions-of-synapses



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy