

A socially distanced hello to you all!

We hope this message finds you and yours well. We are sending you a FREE online puzzle activity website that the whole family can enjoy to keep the mind and visual system engaged! *note that you can alter the number of puzzle pieces to each puzzle, to increase/decrease challenge, and/or age appropriateness.

Here are some benefits of puzzling that might surprise you:

Jigsaw puzzles exercise the left and right sides of your brain at once

Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive. When you're doing a jigsaw puzzle, both sides are engaged, according to Sanesco Health, an industry leader in neurotransmitter testing. Think of it as a mental workout that improves your problem-solving skills and attention span. It's no surprise that Bill Gates admits to being an avid puzzler.

Jigsaw puzzles improve your short-term memory

Can't remember what you had for lunch yesterday? Jigsaw puzzles can help with that. Doing a puzzle reinforces connections between brain cells, improves mental speed and is an especially effective way to improve short-term memory.

Jigsaw puzzles improve your visual-spatial reasoning

When you do a jigsaw puzzle, you need to look at individual pieces and figure out where they'll fit into the big picture. If you do it regularly, you'll improve visual-spatial reasoning, which helps with driving a car, packing, using a map, learning and following dance moves, and a whole host of other things.

<https://www.jigsawplanet.com/>

ENJOY! And if you have any questions or concerns regarding your eyes or condition, we are here for you! Just send us an email or give the office a call!

Wishing you well -

Dr. Zilnicki, Dr. Licausi, and the staff at Twin Forks Optometry