

5. Be a lifelong learner.



Your curiosity will determine the way you age and lifelong learning is your path to achieving an engaged lifestyle after 55.

Your brain is designed to grow and learn and thrives on novelty and challenge. As you learn new things, new neural pathways are created in your brain that may prevent or delay Alzheimer's disease.

Take one of hundreds of free online courses on the Brazoria County Library System's website or join OLLI, UTMB Angleton Danbury's senior learning program. The latter also offers the benefit of meeting like minded people with whom you share an interest.