



NATIONAL
GEOGRAPHIC

Understand Dementia and Alzheimer's

Explore a Brain-Healthy Diet

Learn How Sleep Affects Memory

MEMORY

**What It Is, How It Works,
and Ways You Can Improve It**



DISPLAY UNTIL 2/12/21

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57>



TISP SPECIALS

The human brain contains a vast
neural network that encodes,
stores, and retrieves our memories.