



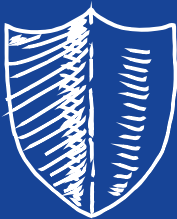
YOUR BRAIN ON LANGUAGE

STRONG MEMORY



In one study, **adults who studied a language for just four months did significantly better on memory and attention tests than those who didn't.** In fact, the group that didn't study a language showed a decline in performance over four months, not an improvement!

LONG-LASTING BRAIN HEALTH



Language learning protects your brain! Studies show that knowing more than one language can **keep your thinking and problem-solving skills sharp for longer.**

NEW CONNECTIONS



Language learning uses lots of different parts of your brain at once. This kind of whole-brain exercise is great for you! **It keeps cognitive decline at bay** by increasing connectivity between different parts of your brain and reshaping your brain's existing networks.

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