

# Cut out these bookmarks for your reading pleasure!



## Reading boosts your health!

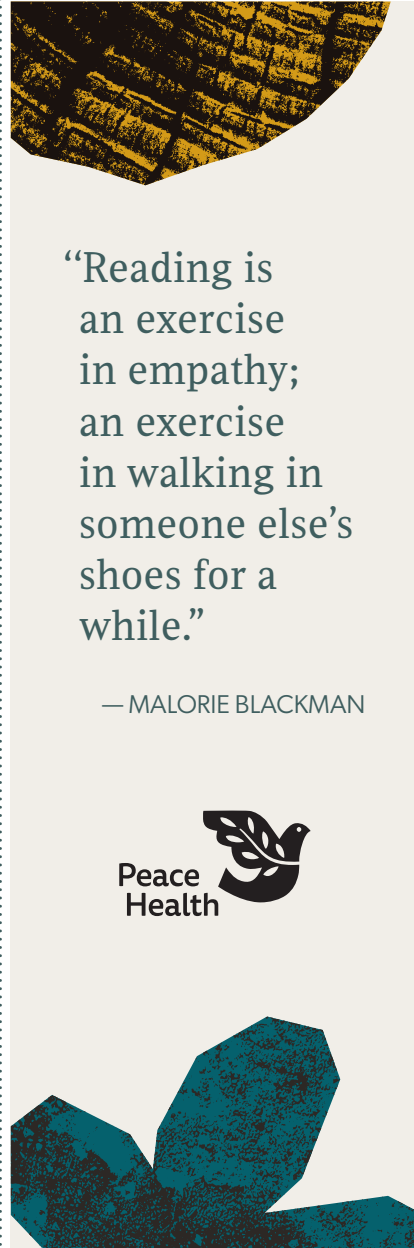
Research shows reading helps you:

- Reduce stress.
- Slow memory loss.
- Sharpen your thinking.
- Connect with others.

Sign up for health tips at [peacehealth.org/healthy-you/subscribe](https://peacehealth.org/healthy-you/subscribe)




Sources: [neurology.org](https://neurology.org), [psychologytoday.com/us](https://psychologytoday.com/us)



“Reading is an exercise in empathy; an exercise in walking in someone else’s shoes for a while.”

— MALORIE BLACKMAN



**PeaceHealth**

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### Reading Recommendations

Ask your neighbors, friends or family for book recommendations.

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