

Mind, Mood & Memory

Mind, Mood and Memory Newsletter subscribers are interested in self-improvement by maximizing their brainpower, improving memory and staving off age-related mental decline. This authoritative news and information from the Massachusetts General Hospital is published monthly. The newsletter is filled with articles about cholesterol levels effecting the brains function, methods for lowering stress, exercise and supplements that can boost brain power. Its motto of "Maintaining Mental Fitness from Middle Age and Beyond" speaks to a wide variety of individuals seeking personal self-improvement.

Gender: 57% Female/37% Male	Source: 100% Direct Mail
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