

# 5 Free Sudoku Puzzles

Large Print Edition for Seniors

Brain Training & Mental Stimulation

Example Easy 4x4 Sudoku:

1		3	
	3		1
3		1	
	1		3

# How to Play Sudoku

1. Fill in the empty squares
2. Each row must contain numbers 1-4
3. Each column must contain numbers 1-4
4. Each 2x2 box must contain numbers 1-4
5. No number can repeat in any row, column, or box

# **Benefits of Sudoku for Seniors**

- Improves memory and recall
- Enhances logical thinking
- Reduces risk of dementia
- Provides relaxation and stress relief
- Keeps the mind active and engaged

**Thank You!**

Visit our website for more puzzles

<https://ai-kindlemint-engine.vercel.app>