Creative Brain Training Apps and Games Can Help Improve Memory, Cognitive Abilities, and Promote Good Mental Health for the Elderly

Nattanun Siricharoen Huachiew Chalermprakiet University

DOI: https://doi.org/10.4108/eetcasa.v9i1.3524

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สามารถเข้าถึงบทความฉบับเต็ม (Full Text) ได้ที่ :

https://publications.eai.eu/index.php/casa/article/view/3524/2439

EAI Endorsed Transactions on Context-aware Systems and Applications 9, (2023): 1-14