

BRAIN HEALTH AND WELLNESS CENTER® and
MEMORY PRESERVATION NUTRITION®

You are invited to "Healthy Eating for a Healthy Brain"

Learn How Lifestyle Can Be a Powerful Tool in Fighting
Cognitive Decline & Improving Emotions and Body Health -
Sutton, MA

FREE CEU'S



Dr. Nancy Emerson Lombardo will present her
Evidence Based Memory Preservation
Nutrition program.

Research tells us that proper nutrition is
essential to defending against deterioration due
to age and disease. Leave this educational
program with information, recipes, and the
inspiration to live a brain-healthy lifestyle!

FREE CEU'S AND OPEN TO THE PUBLIC. LIGHT
BREAKFAST WILL BE SERVED

Thursday July 14th at 9AM
Pleasant Valley Country Club
95 Armsbury,
Sutton, MA 01590

RSVP by July 1st with Laura Black Silver at
(800)286-6640 x 3079.