



MISSING PIECES:

Concerned about possible genetic predisposition to cognitive decline? Or simply interested in learning *EASY and FUN* ways to keep the brain healthy and strong?

Then you can't afford to miss this unique workshop: a combination of the latest research plus plenty of important tips on proper nutrition, no-gym-membership-or-equipment-required total body exercises, and relaxation/meditation techniques guaranteed to improve neuroplasticity and function.

WHEN: Tuesday, September 12th, 6:30 - 8:30PM

WHERE: Hockessin Chiropractic Centre
724 Yorklyn Road (The Stone Mill complex)
Suite 150
Hockessin, DE 19707

COST: ONLY \$55

OR ASK
ABOUT
OUR VIRTUAL
ATTENDANCE
OPTION!

***BUT HURRY...IN-PERSON SEATING LIMITED TO 20!
CALL 302-593-5005 BY SEPTEMBER 5TH TO REGISTER***



Jessica Lewis, CPT, CNC is the region's only health & wellness professional who's Certified as both a Master Personal Trainer and Whole Food Nutritional Counselor as well as Accredited to teach T'ai Chi Chih. To learn more about all aspects of her unique Lifestyle Coaching private practice *Sculpt YOUR LIFE*® click www.SculptUrLife.com or follow her on [Facebook](#), [LinkedIn](#), [Instagram](#), [Twitter](#) or [YouTube](#)