THE BRAIN HEALTH PROGRAMME

CYTOPLAN EDUCATION

A diet and lifestyle programme to **optimise your mood, memory and wellbeing**

Do you suffer brain fog, low mood or anxiety?

Are you worried about becoming more forgetful?

Do you feel tired all the time?

If so, come along and find out about a diet and lifestyle approach you can adopt to support brain health.

WHEN & WHERE?

Thursday 15th March
7-8.30 pm
The Body Studio
91 Joel Street
Northwood Hills, HA6 1NW
http://www.thebodystudio.info/

Wednesday 14th March
7-8.30 pm
Allum Hall
2 Allum Lane, Elstree,
Borehamwood
WD6 3PJ

Cost £5

For more information email **Linda@lindamunster.com**
Or book online: **www.lindamunster.com/brainhealthprogramme**

LindaMunster
THE POWER OF NUTRITION

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