

A Remarkable New Program Lifelong Brain Health Through Nourishment and Movement™



Diabetes Kare Consulting, LLC

ageless *Grace*
Timeless Fitness for the Body & Mind



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Neuroscience Academy Graduate, TEDx Speaker and WIN WIN
Women TV Show Host

Change Your Brain, Your Health and Your Outlook on Life Designed to Focus on Improving the Quality of Your Life by Improving the Function of Your Brain

Your brain needs the best fuel for optimal performance, in the form of nourishment you choose. It also needs the highest quality of functional movement you can achieve to accomplish all the activities you need to do each day and all you desire to do that makes life worth living!

This program is designed to focus on improving the quality of your life by improving the function of your brain. It will help you replace words you may associate with deprivation, hard work or failure, like “diet and exercise” with a new approach to healthy success for your brain and body. One simple step at a time, it will show you how to turn education into action through nourishment and movement for lifelong optimal brain health - and lifelong optimal enjoyment every day!

June 21 6-8:45pm EDT with Q&A 8:45-9pm - Fee: \$149

3-hour Zoom Seminar, 50 page booklet, Facebook Support Group

Gain a new zest for life and a new language for successfully living well!