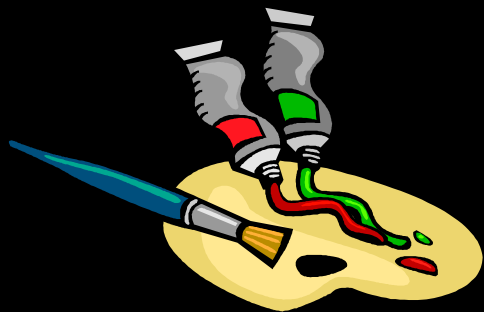


# Free Talk on EMPOWERING BRAIN HEALTH

Chorley Library, Union Street, PR7 1EB  
Wednesday Sept 28<sup>th</sup> at 2pm



## TOPICS TO BE COVERED

- BREATHING & SLEEP
- NATURE, LIGHT & GROUNDING
- NUTRITION & GUT-BRAIN CONNECTION
- STRESS REDUCTION
- MOVEMENT & EXERCISE
- COGNITIVE STIMULATION
- DETOX – DENTAL, MOULD and METALS



*Garuth Chalfont, PhD   Health Researcher  
Dementia Health Coach*

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Back on Track

*Don't give up, sharpen up!*

<https://dementiapioneers.uk/>

