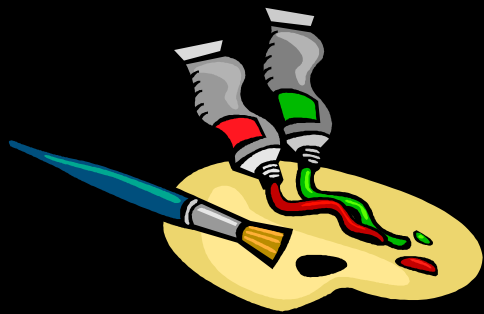


Free Talk on EMPOWERING BRAIN HEALTH

Lostock Hall Library, Watkin Ln, Preston PR5 5TV
Friday Sept 23rd 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/>

