



Please Join Us in Celebrating Good Health!

LUMINATE YOUR BRAIN THROUGH OPTIMAL NUTRITION

A Nutrition Awareness Webinar

December 2, 2025

6:30p.m. – 7:30p.m. ET

Learn about...

- Food principles to improve overall brain health, from sensory to sleep
- Eating for increased brain energy throughout the day
- Enhancing your mood through food
- Strategies to improve your sleep cycle

[CLICK HERE TO REGISTER](#)

To test the software prior to this webinar, go to: <https://zoom.us/test>



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101 Huntington Avenue, Suite 1300, Boston, MA 02199-7011 | 1-800-262-BLUE (2583)