



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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