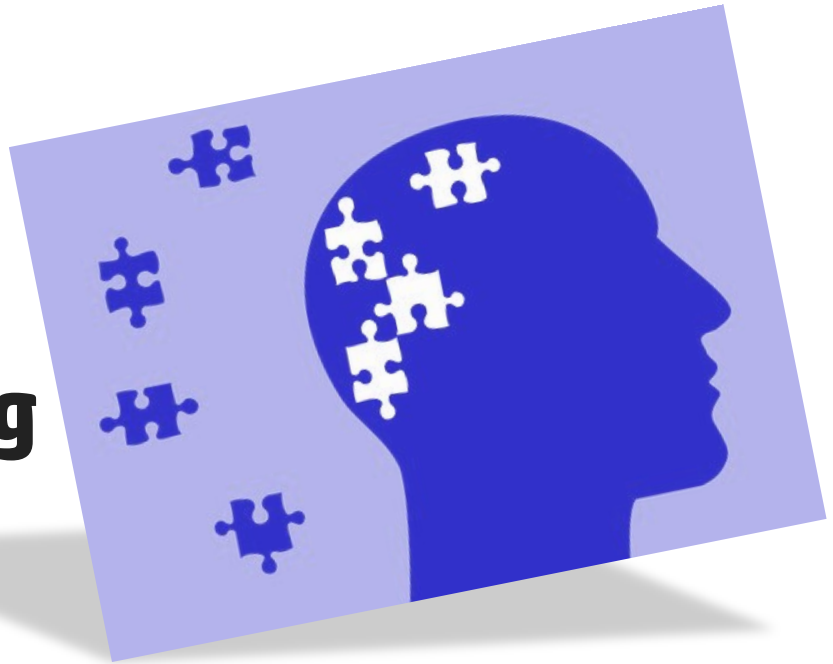


# MISSING PIECES: Maintaining Brain Health



Join us for an introduction to the best ways of protecting and maintaining a healthier brain. Discussion will include the latest information regarding neuroplasticity, function, and prevention of brain degeneration. Topics include:

- Diet & whole foods
- Supplements & nutraceuticals
- Brain & physical exercise
- Meditation & relaxation techniques

Bring a notepad, a pen, an awake brain, and an open mind!

**WHEN:** Tuesday, October 15th, 6:30 - 8:00PM

**WHERE:** Hockessin Chiropractic Centre  
724 Yorklyn Road (in the Stone Mill complex)  
Suite 150  
Hockessin, DE 19707

**COST:** ONLY \$20

**BUT SPACE IS LIMITED...**

**CALL 302-239-8550 BY OCT 8TH TO REGISTER!**

*Workshop will be co-facilitated by the founder of Hockessin Chiropractic Centre Dr Tamara Blossic, DC, CCSP, FICPA, IFMCP along with Hockessin Chiropractic's own Lifestyle Coach Jessica Lewis, CPT, CNC. For more information on the instructors unique perspectives on health & wellness, plus plenty of testimonials, blogs, and healthy lifestyle tips, visit [www.hockessinchiro.com](http://www.hockessinchiro.com) and [www.SculptUrLife.com](http://www.SculptUrLife.com) or like them on Facebook <https://www.facebook.com/movementforwellbeing/> and <https://www.facebook.com/SculptYourLifeJessicaLewis/>*

