

# 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, April 13th, 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 HURRY... YOUR HEALTH CAN'T WAIT!  
CALL 302-239-8550 BY APRIL 6TH 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/>*

