



Nutrition for Optimal Brain Health

FRIDAY MAR 9, 2018

7:00 PM – 9:00 PM

EVENT LOCATION: THE GARDEN RESTAURANT, 943 MAGIE AVE, UNION, NJ 07083

Please join Dr. Laura Rokosz for a discussion on how nutrients affect brain health. You will learn how communication between the gut and the brain can impact risk for Alzheimer's disease, drug addiction, depression and anxiety, and even obesity.

Cost: \$25.00, includes light refreshments

RSVP: Send Email to egglrock@comcast.net or call (908)764-9062 or register directly from our Website, egglrock.com

Feed Your
Brain

Leaky Gut

Autism and
ADHD

Drug Addiction

Depression and
Anxiety

Alzheimer's
Disease

Obesity

YOUR HOST:
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