

Feeding your Brain

How to optimize your brain health



Wednesday, February 13th

10:30 AM - Noon

JCC Mid-Westchester, 999 Wilmot Road, Scarsdale

Facilitated by Heidi Kaufman Lackowitz, FNLP, CHHC

RSVP Engage Site Coordinator Jill Gold, goldj@jccmw.org

**Our brain utilizes more of the food we eat than any other organ!
Come and learn about the best nutrients and lifestyle factors that affect
and can optimize your brain's health!**

Learn about:

- ◆ Brain Basics
- ◆ Factors that contribute to brain degeneration
- ◆ Key foods and nutrients that protect the brain
 - ◆ Recipes and handouts will be distributed

About our speaker: Heidi Kaufman Lackowitz is a Functional Nutrition & Lifestyle Practitioner and Certified Holistic Health Coach. She is certified by the Institute for Integrative Nutrition and Functional Nutrition Labs. Heidi works with her clients to help them understand what is going on in their bodies in order to improve chronic health symptoms with targeted diet and lifestyle changes.