

What's Nutrition Got To Do With... **Brain Health, Mental Health?**

- Improved Memory?
- Amazing Cognition?
- Better Grades?
- Balanced Neurotransmitters?
- Longer Focus Times?
- Reduced Restlessness?



Dr. Joseph Thomas, MD

Presents:

- Cell Cycle Nutrition
- Brain Recovery Research
- Amazing Brain Foods
- Lifestyle Brain Boosters



Community Outreach, Inc.
A Service of the All Nations Fellowship SDA Church

March 9, 2021 – 6:45pm to 8:15pm Central Time

ZOOM Meeting ID: 854 7639 2959 Password: 257726

1. Use the Zoom Link Above, or 2) Go to zoom.us, then click **Join** then use the Meeting ID and Password on the flyer above.