"Brain Maker" Seminar



Sat Nov 19, 2016 8:30-11:30 a.m.

Dayton, Ohio

Bergamo Center for Lifelong Learning 4400 Shakertown Rd, Dayton, OH 45430

- In school or in life, were you taught anything about your brain and how understanding its functions could help you?
- Were you taught how the brain can affect your health physically, mentally, emotionally and spiritually?
- Were you taught anything about how to keep the brain healthy?
- It weighs about three pounds
- It has hundreds of thousand blood vessels
- It contains more connections than there are stars in the Milky Way
- It controls every level of our biology and our lives
- It is the fattest organ in the body
- It controls every level of our biology and our lives

So, why not learn more about the most important part of our bodies and how to better utilize its amazing abilities?

In this seminar, you will learn what the latest neuroscience revels about our brains and the brain/body connection, and how to improve the health of both.

Everyone over the age of sixteen is invited to join us to learn how to build a better brain.

Visit http://neuroyoga.zone for details and registration. © 2016 Keith Engelhardt