

Powerful Brain, Healthy Body

“Personal Lifestyle Empowerment for Health & Longevity”

Brought to you by the Centerville Cares Committee

Empowering YOU to redefine your physical, mental & emotional health through creating behavioral, nutritional & lifestyle habits for a lifetime of well-being



This 4 Week Program is YOUR opportunity to access the most current knowledge in the fields of psychology, brain science & nutrition with Brent Hale, Ph.D., & Sinead Urwin, Functional Nutritionist, & discover your key to creating a life of energy, vitality & wellness

When: Wednesdays, May 8th to 29th, 7-8.30pm

Where: Centerville City Building, 250 N Main st

Cost: \$25 for the whole program!

Space is limited, so register now on www.centervilleut.net

‘Your Greatest Wealth is Your Health’