**Begins: Friday, April 18 • 7 p.m.**

Island Falls Town Office • 68 Houlton Road • Island Falls, ME

# HEALTHY BRAIN

# BROKEN BRAIN

## Begins:
## Friday, April 18 • 7 p.m.
## The Brain
The Destructive Nature of Fear

**Saturday, April 19 • 11 a.m.**
**The Stress Response**
The Infection of Fear

**Saturday, April 19 • 2 p.m.**
**The Gut-Brain Connection**
The Freedom to Love

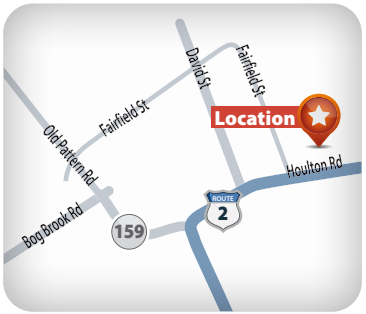
**Friday, April 25 • 7 p.m.**
**Depression & Anxiety**
The Battle Between Fear and Love

**Saturday, April 26 • 11 a.m.**
**Dementia and Alzheimer's Disease**
The Two Operating Systems

**Saturday, April 26 • 2 p.m.**
**Attention Deficit Disorder**
There is No Need to Be Afraid of God

**Friday, May 2 • 7 p.m.**
**Boost Your Immune System**
An Abundant Life

**Saturday, May 3 • 11 a.m.**
**8 Steps to an Ultra Mind**




## LOCATION:
**Island Falls Town Office**
**68 Houlton Road**
**Island Falls, ME**

**FREE** Admission
**FREE** Light Healthy Lunch
**FREE** Evening Refreshments

In this seminar we will look at cutting-edge brain science on how our habits can impact our brains.

**Visit us at: AttendHealth.com/IslandFalls**

Date Sensitive Material
Requested in-home date:
April 8-11

Postmaster: if undeliverable, do not forward or return!

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