



# MISSING PIECES: *Maintaining Brain Health*

Concerned about possible genetic predisposition to cognitive decline? Or simply interested in learning *EASY and FUN* ways to keep the brain healthy and strong?

Then you can't afford to miss this unique workshop: a combination of the latest research plus plenty of important tips on proper nutrition, no-gym-membership-or-equipment-required total body exercises, and relaxation/meditation techniques guaranteed to improve neuroplasticity and function.

**WHEN:** Tuesday, January 13th, 7-9PM

**COST:** ONLY \$55

**CALL 302-593-5005 BY JANUARY 9TH TO REGISTER**

ONCE YOU'VE  
REGISTERED,  
WE'LL SEND A  
ZOOM LINK!



**Jennifer Warriner Eskridge, BS Kinesiology**, is the Founder of CardiYO Fitness. Specializing in holistic stretch and Functional fitness for movement optimization & longevity, her passion for helping others find healing through movement has made her the area's go-to for VIRTUAL small group training.

**Jessica Lewis, CPT, CNC**, holds multiple certifications in fitness, nutrition, and Tai Chi / Qigong. Founder of SCULPT YOUR LIFE® and T'AI CHI CHIH FOR VETERANS, she provides a completely unique blend of fitness, nutrition, and mindful movement across clinical, community, university, and veteran settings.

Jennifer & Jessica have been tag-team teaching health & wellness for over 20 years ... **TOGETHER THEY ARE THE PROS YOU NEED 2 KNOW!**