

Brain Bites

food affects your mood, 'tude + emotions



NCB's Lauren Chaves RD, LDN will help you:

- Discover why what you eat causes chemical and physical effects in the brain and body
- Learn ways to determine how your diet is affecting your brain
- Identify lifestyle habits and foods to help boost energy levels and well-being



February 18th | 7pm

RSVP - 847.985.1200 or

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