

NCB's Stress & Cortisol Lecture

Dates: 4/21/16 | Time: 7:00 pm-8:30 pm



Who should attend?

- 1) Males and females 5 years and older.
- 2) Anyone with excessive post Holiday and life stress.
- 3) Anyone with depression, anxiety, fatigue, sleep disturbances, muscle and strength loss, waist fat, brain fogginess, increased joint pain, low libido and hormone imbalances that include insulin & glucose, thyroid, estradiol & testosterone.

Benefits of attending:

- 1) Better energy, less body fat & inner stress and learn how to control anxiety and fatigue!
- 2) Learn about cortisol and DHEA (adrenal hormones) in detail!
- 3) Expert Valerie Early, RD, Ph.T. is the speaker for 4/21/16.
- 4) Lauren Chaves, RD, MS, will give a follow up lecture 5/19/16 on "Eat Your Way to Less Stress".
- 5) Please share, invite and bring your friends, family and colleagues.

Location: NCB's YOUiversity Nutrition Education Center,
1443 W. Schaumburg Rd. Ste. 22, Schaumburg, IL, 60194

Cost: FREE but it is helpful to RSVP@ 847-985-1200 or
Rosanne@nutritionconnectionbalance.com

www.nutritionconnectionbalance.com