

HABIT CHANGERS 2022



MENTAL HEALTH WHAT DOES IT LOOK LIKE?

Guest: *Gay Russell*

Clinical Social Worker in the Chicago area with over 40 years of experience working with kids, adults & families. Amen Clinics Brain Health Coach & Play Attention Certified Coach.

IMD Juice Plus



TOPICS:

**Neurotransmitters, serotonin,
dopamine and GABA
Omeegas Facts and Benefits**

MAY 4, 2022

9 AMCST/10 AMEST

6 PMCST/7 PMEST

ZOOM ID 847-985-1200



**JOIN US The 1st Wednesday of every Month
Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist &
Reiki Master
Marilyn Wright, Wellness Advisor & Jodi Kindle, Health Coach**

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