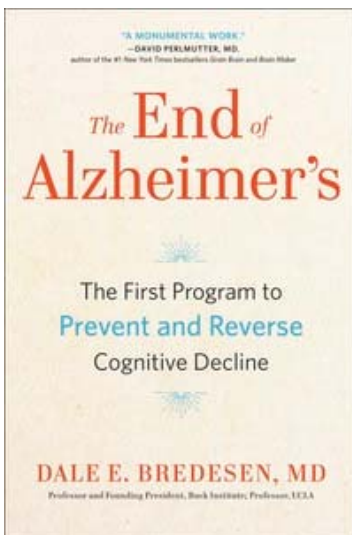


7 KEYS TO RESTORE BRAIN HEALTH

- Depression
- Brain Fog
- Memory Loss
- Family history of Alzheimer's disease
- Worried about dementia risk?
- Diabetes mellitus
- Insulin Resistance
- Overweight/Obesity

FREE COMMUNITY LECTURE
MONDAY, MAY 21ST | 6 TO 8 PM

LEARN NATURAL STRATEGIES FOR
OPTIMIZING BRAIN HEALTH



Dr. Cynthia Libert is the Medical Director of Great Smokies Medical Center's **Healthy Brain Rx (HBRx)**, a novel medical program for the prevention and reversal of cognitive decline and symptoms of early Alzheimer's disease.

Based on 32+ years of research by neurologist Dale Bredesen, MD, the resulting improvement in quality of life from GSMC's HBRx program brings hope to those experiencing decline in memory whether in their 40's or 80's.

Dr. Libert invites you to share in learning about the causes of age-related cognitive decline and a 21st century treatment that has been shown to help protect future brain health and functioning.



Cynthia Libert, MD
Integrative Holistic
Physician

EVENT LOCATION:

**Biltmore Lake
Clubhouse**
80 Lake Drive
Enka, NC 28728

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