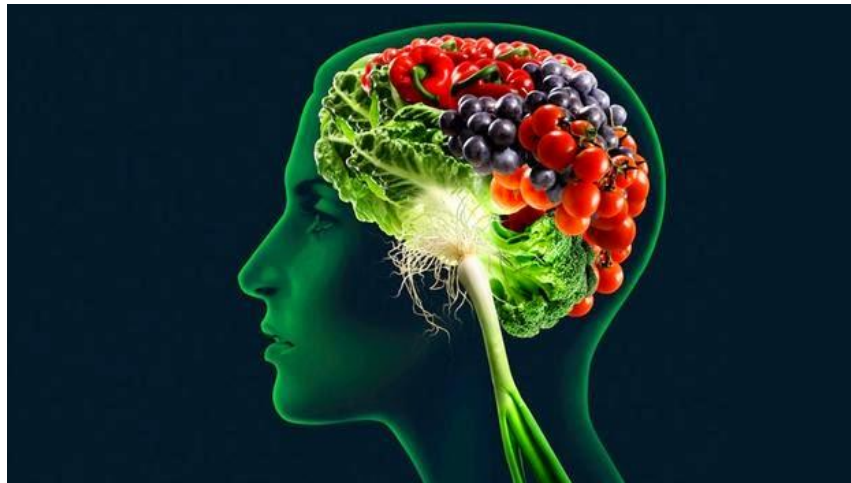


**JOIN US  
for  
"FEED YOUR BRAIN NOT YOUR PAIN"**

**Learn to feed your brain and fuel your body  
for optimal health and well-being  
presented by Linda Ciotola**



**Island Athletic Club  
Sat., April 14<sup>th</sup>  
9:35 am – 10:30 am**

**All Are Welcome! Please register at the front desk.  
No fee required!**

Discover the crucial Gut-Brain connection and what it means for both physical health and mental health - as well as for optimal brain functioning.

Learn which "pro-inflammatory" foods hurt your brain and body, and which "anti-inflammatory" foods help your brain and body.

**For more information, please  
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