

YOUR BODY - GOD'S TEMPLE

Glorify God by Properly Caring for
Your Brain and Body

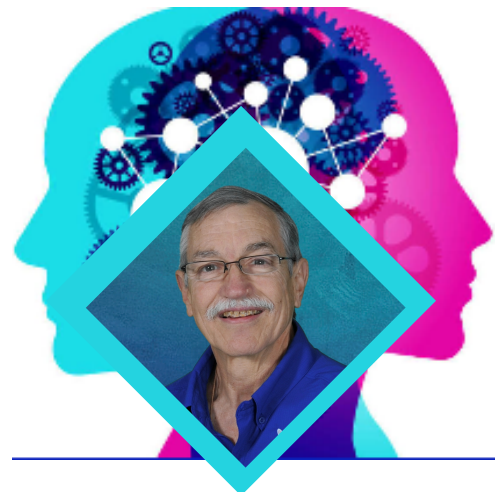
1 Corinthians 6:19-20



How to Prevent Alzheimer's and Other Degenerative Diseases



How to Improve Cognition at Any Age



Dr. Monte Kimpel

Retired Chiropractor and
Certified Brain Health Professional

Faith Academy Bellville | Building #4 - High School Commons | ~90 Minutes Per Session

SESSION 1

Tuesday, March 26 - 3:30 PM || Wednesday, March 27 - 8:00 AM

- ✔ **The Five Most Important Steps** for Prevention of Alzheimer's
- ✔ **The Biggest Risk Factors** for Degenerative Diseases such as Alzheimer's

SESSION 2

Tuesday, April 2 - 3:30 PM || Wednesday, April 3 - 8:00 AM

- ✔ **Nine Key Tools** for Prevention of Degenerative Diseases such as Alzheimer's
- ✔ **Enhance Neurodevelopment** to Enable Your Brain & Body to Work Better

SESSION 3

Tuesday, April 9 - 3:30 PM || Wednesday, April 10 - 8:00 AM

- ✔ **Prevention of Type 2 Diabetes...Six Simple but Powerful Steps**
- ✔ **Foods that Hurt My Brain and Foods that Help My Brain...Benefits of Fasting**

SESSION 4

Tuesday, April 16 - 3:30 PM || Wednesday, April 17 - 8:00 AM

- ✔ **The Gut-Brain Connection** - Why Our Gut Microbes are Essential for Good Health
- ✔ **The Connection between Stress and Alzheimer's...Nine Ways to Reduce Stress**

SESSION 5

Tuesday, April 23 - 3:30 PM || Wednesday, April 24 - 8:00 AM

- ✔ **Exercise for a Better Brain** and a Better Life...Easy Ways to Just Do It
- ✔ **The Power of Sleep** for Optimizing Brain Function and Maintaining Memory

SESSION 6

Tuesday, April 30 - 3:30 PM || Wednesday, May 1 - 8:00 AM

- ✔ **Avoiding Brain Toxins** - Why it is More Important Now than Ever Before
- ✔ **Supporting Brain Health with Supplements** - The Best for Your Brain, Gut and Sleep