

Join Us For a Workshop Sponsored by:

DESTINATION HEALTH PLUS



A holistic and health-first, fat-loss and lifestyle guide.

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CHANGE YOUR MIND CHANGE YOUR BRAIN

Learn How To Change The Hardwiring of Your Brain

Presented by:

Candace Booth ND, PhD, CNC, SHC
Nutritionist/Herbalist/Spiritual Health Coach

DATE: Saturday – March 14 – 8:30 a.m. until 4:00 p.m.

Location: Tangerine Community Center: 7551 Wright Street
– off Hwy 441 just past Mount Dora.

Cost: \$125.00 to be paid in advance – cut off date is March 7th

Topics to include:

- How Thought Changes the Physiology of the Body
- How Genetics Influence Thought
- How the brain learns
- How To Change the Neural Networks of the Brain
- Understanding Your Mental Component
- How To Create a New Model of You
- The Impact of Nature vs Nurture
- How Our Thoughts Literally Become Matter
- The Negative Power of Neuropeptides
- How To Create the Outcomes You Desire
- Why Change is Hard.....AND MUCH MORE!

Each Participant will leave with a 50 page workbook loaded with exercises that we will complete in class. This program is very content heavy and filled with lots of FUN ACTIVITIES!

Contact Candace Booth at 352-735-2966 or by email at:
candace@destinationhealthplus.com

Bring a bag lunch. Snacks and drinks will be provided.

THANK YOU!