



GRAY MATTERS

Free Brain Health Workshops

Brain Nutrition: How to Eat for Optimal Focus, Energy and Clarity

Dr. Stacey Francis, DC

Join us as Dr. Stacey Francis discusses the four nutrition factors that affect brain health and the steps needed to reclaim optimal brain function. She will cover the two best diets for brain health and nutritional supplements that enhance memory, focus and energy.

When: June 17, 2020
1:00pm-2:30pm

Where: ZOOM
<https://zoom.us/>
Meeting ID: 972 7032 6305
Password: 205472

About the Presenter: For over 25 years, Dr. Stacey Francis has been treating patients using chiropractic kinesiology and nutrition in the metro Detroit area. Her blend of advanced training and expertise allows her to help patients achieve optimal wellness through balancing the structural, biochemical and psychological systems of the body. Dr. Francis received her Doctorate from the National College of Chiropractic in Illinois and maintains an active membership with the Michigan Association of Chiropractors. She is an experienced public speaker and has presented for General Motors, Oakland County of Michigan and many religious institutions and corporations. In addition, she is a published author, has appeared multiple times on Fox 2 News, and teaches anatomy and physiology at the Beaumont School of Yoga Therapy. As an expert in her field, she is an advocate for educating others on the brilliance of the human body.

To enroll, contact MindU@jfsdetroit.org or 248-788-MIND.

