Battle For Your Brain Seminar / Thursday, June 27 / 7:30 pm
Session 1:
Mind Set Matters

Mind set has more to do with achieving and maintaining long-term success in personal goals and staying committed to important priorities.

Learn the difference between the “fixed” versus “learning” mind set, and how you can develop the mental mettle to gain strength and strategies for success in the face of your greatest challenges. Discover strategies for overcoming “flat tire” thinking so you can gain traction in your most important goals.

Session 2:
Engaged for Success.

What kind of challenges hinder healthy brain function? What influence do genetics, environment, and choice have on everyday functioning? Is it possible to “beat the odds” and have a fruitful life if you’ve been dealt hardships and trouble? In this session participants will learn how whether your challenges are a result of choice, chance, or circumstance, you have been “made to make it.”

BATTLE FOR THE BRAIN
Building the Mental Mettle to Meet Life’s Challenges.

Thursday, June 27, 7:30 PM
Historic Manhattan Church
232 West 11 Street, NYC
1 Block West of Seventh Ave. South, The West Village

The Seminar is FREE:
- Enjoy healthy food, fun, and prizes in a relaxed setting - Receive practical handouts and session materials - Personalized lifestyle Q and A segments - And much, much more!

Meet Your Speaker: Vicki Griffin, MS, Human Nutrition, MPA, MACN
Director of the Lifestyle Matters Health Intervention Series, the Director of the Fit & Free! Building Brain and Body Health program, and the editor of Balance Magazine. Her health intervention programs and magazines are used in doctor’s offices, hospitals, and schools. She has lectured at numerous university and professional sessions, and worldwide on the relationship between lifestyle and stress, brain health, and chronic disease. BFFI.

Dear Wendy,
In New York City, we have a fantastic expression to keep terrorists at bay: "If you see something. Say something."

I think this thought suggests more than just bags left on a bus, or someone snooping and taking photographs of the GW Bridge. I live in New York City, and "I see something."

I see people who are fried. People who are stressed by the rigors of life, and the politics of the office, or worse, their own families. Life is not easy, and for New Yorkers, life is really a challenge.

One of my good friends Kevin Sears has invited Vicki Griffin, MS, Human Nutrition, MPA, MACN to be a guest speaker at a REACH-NYC event, this Thursday, June 27 at 7:30 p.m. at Historic Manhattan Church, 232 West 11th Street, in the heart of beautiful Greenwich Village.

Vicki Griffin, is the Director of the Lifestyle Matters Health Intervention Series, the Director of the Fit & Free! Building Brain and Body Health program, and the editor of Balance Magazine. Her health intervention programs and magazines are used in doctor's offices, hospitals, and schools. She has lectured at numerous university and professional sessions, and worldwide on the relationship between lifestyle and stress, and brain health, and chronic disease.

I guess you can say that Ms Griffin is a real brain. I suggest if you want to keep your brain functioning at optimum level, you might want to attend this series and bring your brain along for a very exciting evening of fun and fantastic focused learning about "The Battle For The Brain."

I'll be there, right in the front row, because I need this information for my own well being. Bring your family to this vital event, that will help each person in "Building the Mental Mettle to Meet Life’s Challenges."

If you are a real New Yorker, then you know you have real challenges. This seminar will do your brain so much good that you may give up those crazy energy bars!

Feed your Brain this Thursday, June 27 at 7:30 pm. Feed it!

May God to bless you with peace and a calm spirit.

Best regards -- Tony Romeo

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Donations to REACH-NYC help us in our efforts to reach out to the people of New York City. REACH-NYC is recognized by the IRS as a tax-exempt corporation, and all contributions are fully tax-deductible.*
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Thank you for helping the REACH-NYC ministry!

*A receipt will be sent recognizing all contributions for tax purposes.