

# Smart Health Seminar for 50 Plus

Saturday, November 2<sup>nd</sup>, 9 am - 12 pm

5 Towns- Magnolia Auditorium, 7950 58<sup>th</sup> Ave. N, St. Petersburg, FL



## Special Health Seminar to help Seniors Improve the Quality of life

- **Mastering Memory: The Brain-Gut Connection, Nutrients, Herbal Medicines etc.**  
Dr. Christopher Jackson, DOM, PhD Natural Health, PhD-c Behavioral Medicine
- **Saying “So Long” to Sleepless Nights- 5 Tips for Getting Better Sleep**  
Laurie Vork, Certified Functional Nutrition Practitioner
- **How to read the label information on the supplements you are taking**  
Dr. Howard Peiper, N.D. & Author of over 40 books

### Dynamic & knowledgeable Speakers



**Dr. Christopher Jackson,**  
DOM, Ph.D Natural Health  
PhD-c Behavioral Medicine



**Dr. Howard Peiper, N.D.**  
Author of over 40 books



**Laurie Vork, Certified**  
Functional Nutrition



**Sara Im, Author, Host**  
Wellness Consultant

### Special thanks to our sponsor:

**Welcome Home Family Chiropractic; A & B Insurance/ Florida Blue**

Enjoy Food & refreshments, prize drawings, vendors and more!

Call 727-512-3017 to reserve your seats and help us plan to bring enough foods.

For sponsor or vendor info, contact Sara Im at 727-512-3017 or [healthyteam2@gmail.com](mailto:healthyteam2@gmail.com)