



San Mateo County LPA presents...

Nutritional Therapy: Healthy Body, Healthy Mind
*How diet can improve energy, endurance,
brain function, and resiliency*

Tuesday, January 18, 2022
San Mateo Marriott
1170 S. Amphlett Blvd., San Mateo

This program will offer accessible ways to improve your diet and health as taught by an expert in the field of nutrition and functional medicine. Learn how and why certain foods may have a negative impact on your mind and body, as well as how your diet can improve your overall well-being, including your mental health.

Social begins at 6:00pm
Meeting starts at 6:30pm
Presentation will begin at approx. 7:00pm

Cost: \$45 (includes dinner and parking)

Note: If you have any items you want to donate to the Pot of Gold, please bring something you wish to give away.



Jessica Campbell, MS, FNTF
Owner and Founder, Food Foundation Guru
www.FoodFoundation.Guru



Register at <https://www.smclpa.org/events/>