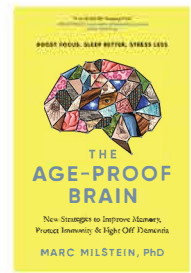


DR. MARC MILSTEIN'S NEW PRESENTATION

AGE-PROOF YOUR BRAIN

BASED ON HIS AMAZON BEST SELLING BOOK



**BOOST
MEMORY**

**MANAGE
STRESS**

**OPTIMIZE
SLEEP**

**LOWER RISK
OF DEMENTIA,
ALZHEIMER'S,
ANXIETY AND
DEPRESSION**

Take Action to Protect Your Brain

In this empowering, uplifting, action-oriented presentation, you and your clients will be transformed with powerful and doable tips to maximize your mental health each day and lower your risk of dementia.

Breakthrough research has uncovered we can **lower our risk of Alzheimer's and dementia anywhere from 30 to 60%** if the right steps are taken now.

Show Clients You Care

In the last three years, mental health has deteriorated for many. The rates of depression have skyrocketed from 8% three years ago to currently 33% of the US population. **This dynamic presentation provides critical insights and surprising solutions to a crucial client concern:** their own brain health and the brain health of their loved ones. Make clients feel heard with an expert led presentation and interactive Q and A session.

You and your clients can walk away from this program with tools to:

- ✓ Improve memory and productivity
- ✓ Increase energy and boost your mood
- ✓ Reduce the risk of anxiety and depression
- ✓ Form healthy habits to supercharge your brain
- ✓ Prevent non-genetic Alzheimer's and dementia

Dr. Marc Milstein, internationally recognized brain health expert, speaker and bestselling author specializes in taking the leading scientific research on health and happiness and presents it in a way that entertains, educates, and empowers his audience to live better. He earned both his Ph.D. in Biological Chemistry and his Bachelor of Science in Molecular, Cellular, and Developmental Biology from UCLA. Dr. Milstein's research has been published in multiple scientific journals and he has been quoted breaking down and analyzing the latest research in popular press and TV such as USA Today, Oprah Daily, and CNBC. Dr. Milstein's new book "The Age-Proof Brain," has been nominated for "The Next Big Idea Award" for best non-fiction work and has been a #1 best seller on Amazon in several categories, including Aging, Longevity, and Neuroscience.



Dr. Milstein's clients include



Testimonial

Dr. Marc Milstein was one of the most engaging speakers we've ever hosted. He has a gift of translating very scientific data into applicable, manageable, real-life action steps for better health. The attendee's feedback was overwhelmingly positive, and his work and message inspired many people in our session to take immediate action. Dr. Milstein is a true thought leader and influencer, bringing great hope in an area many believe is destined by genetics. I highly recommend Dr. Milstein for your company and event. "-Tracie Patten, Senior Director, Marketing & Brand, Budros, Ruhlin & Roe