

# Women's Health Seminar

## Neurons, Nutrients & Neurotoxins

An Integrative Approach to Women's Health and Wellness

### Seminar & Lunch



**Saturday, May 30<sup>th</sup>**



**10:00 am - 2:00 pm**



**The Journey Center  
215 W. Margaret Street  
Lindale, Texas 75771**

#### Objectives:

- Understand how vitamin deficiencies in women, nutritional gaps, and lifestyle factors influence brain health and neurotransmitters.
- Learn how neurotoxins and everyday dietary patterns impact mood, energy, focus, and mental performance.
- Explore foods, vitamin-centered strategies, and microcurrent neurofeedback to support wellness, emotional stability, and healthy brain function.

**Register early! Space is limited.**

*\$35 Early Bird Registration before May 23*

*\$40 Registration after May 23rd*



Speaker:  
Amanda Thornton  
MA, NCC, LPC, CIMHP



Speaker:  
Sara Schader  
Certified Functional  
Nutritionist & Health  
Coach



Speaker:  
Kimberly Harris  
LPC, ICP

**Register with QR Code**



Questions?

[athorntoncounseling@gmail.com](mailto:athorntoncounseling@gmail.com)

Register

[rhema-therapy.com](http://rhema-therapy.com)