

Healthy Brain, Healthy Body:

A Functional Medicine Approach to a Better Brain

***A 3-Part Workshop Series presented by
Jennifer McCord, MD, IFMCP***

WHEN:

April 3rd, 10th, & 17th

7:30 PM—8:30 PM

WHERE:

Pointe Wellness Center

10400 Warwick Blvd

Newport News, VA 23606

COST: \$90



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Jennifer McCord MD, IFMCP
FUNCTIONAL MEDICINE

Register online at www.pointewellness.com or by calling 757-596-7938

Your brain can form new connections and improve its function at any time in your life. However, decades of habits and exposures can tax the health of your brain and body and lead to a decline in cognitive function. Learn ways to reverse this process by eating for optimal nourishment for your brain, moving and training your mind and body, handling stress to reduce its detrimental effects on your health, and other strategies to have a better brain at any age. Functional medicine provides a whole-person, individualized approach to identifying underlying causes of disease and decline and tools to use to improve the health of both your brain and your body.

Dr. Jennifer McCord is Board Certified in Family Medicine and has worked in primary care for 15 years at Hampton Family Practice. She is also an Institute for Functional Medicine Certified Practitioner and trained in Dr. Dale Bredesen's ReCODE program, which focuses on preventing and reversing cognitive decline using a functional medicine approach. Her passion is helping people find their individual path to optimal wellness and providing hope to those affected by brain disorders.