

Live webinar:

Sharp Solution:

How to Train Brain Health & Fitness

Hosted by:

Dr. Heidi Hanna

Wednesday, Feb 3 at 3:30 PM

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Join Dr. Hanna in an interactive exploration of how you can create beneficial strategies to immediately boost brainpower & techniques to sustain a healthy brain.

In This Session You'll Learn:

- 1 How nutrition and physical exercise can directly affect your brain health.
- 2 Learn the effects of stress and how to manage your stress effectively.
- 3 Explore various techniques to boost your brainpower, including adding some humor and creativity to your routine.

About the Presenter:

Dr. Hanna has been featured at many national and global conferences, including Fortune Magazine Most Powerful Women in Business Summit, ESPN Women's Leadership Summit and the Million Dollar Round Table. She is a NY Times bestselling author of *The Sharp Solution*, *Stressaholic* and *What's so Funny About Stress?*