



BAY HEAD LIFE
NJ Mayor's Wellness Campaign

Bay Head Speaker Series

Feel Your Best

These few nutrition tips will improve your sleep, focus and boost your energy and longevity.



*Presented by
Dr. Brooke Scheller
DCN, CNS*

*Doctor of Clinical Nutrition &
Certified Nutrition Specialist*

Wednesday, August 31

7:00pm

All Saints Church

500 Lake Avenue

Bristol Hall

Free Admission

bayheadlife@gmail.com:

For more information:

Vicki McHugh vom0707@aol.com