

*Beauty & the Brain*

**DR. MITRA RAY**

**Author of *Simple and Delicious Recipes for Vitality*,**

***Do You Have the Guts to be Beautiful*, and *From Here to Longevity***

**Join us for a dynamic & intimate presentation that will provide answers regarding diet and nutrition.**

\*Develop new strategies to look and feel your best!

\*How the brain functions with proper nutrition.

\*How to protect yourself at the molecular and cellular level.

\*Learn about the power of nutrition through the ages

**What others have said about her books, seminars and retreats:**

*"Mitra Ray's book is unique and very useful."* **Deepak Chopra**

*"A must-read for expecting mothers and parents."*

*“This book will also help grandparents age healthfully."* **Dr. William Sears**

*"I admire Dr. Ray's work and enthusiasm."* **T. Colin Campbell**, Author of *The China Study*

**Opportunity to hear Dr. Ray**

**Date: Thursday, May 31st 2012**

Doors Open 7pm: Start: 7:30pm

**Monte Carlo Inns (Savoy Event Venue)**

7255 Warden Ave, Markham Ontario L3N 1B4

**(3 minutes south on Warden/407)**

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