



YOUR COMMUNITY CONNECTION



3rd Annual Healthy Brain Expo

Keep your brain young, healthy and strong
For people seeking positive brain health

February 23, 2019 9am - 2pm

Workshops:

The Science Behind the Brain

Kari Johnson, PhD, RN, ACNS-BC

Brain Strangulation: Are You at Risk?

Michael J. Robb, AAS, BA, DC

Chair Yoga: pre-hab, re-hab., or just plain feels good

Laurie Satter, Certified Fitness Instructor

Ancient Grains in a Modern World

Larry P. Canepa, Certified Culinary Educator

Healing Your Brain and Body with Homeopathy

Louise Gutowski, NMD

Massage's Mind-Body Connection

Chuck Peck, LMT

The Latest Research on Achieving and

Maintaining Brain Health

Brian Browne, MS, CSA

Where is Your Brain? The Role Acupuncture and Nutrition

Play in Brain Health and Balance

Lauren Hurst Daem, BS, LAc, CCWFN

Proven Benefits of CBD and Hemp Extracts for Brain Health:

How to reduce pain and inflammation

and other health conditions

John Callahan, az WHOLEistic

\$20 pre-registration \$30 at door

[Agenda](#)

[Buy Now](#)



WATER...USE IT WISELY!

February 4, 2019

6:30 - 8:00 pm

What is the state of water availability which supplies us with our water here in the foothills area. Learn how Scottsdale manages and conserves its water resources. Learn what we are doing to conserve water and what you can do as we look to the future.

Speaker: Elisa Klein of the AZ Municipal Water Users Association

Holland Community Center'
34250 N 60th St.
Scottsdale, AZ 85266

Reservations are not required. Donations are appreciated!



Even Better with Age Workshop: ***Brain Training to Build Your Story***

WHEN: Saturday, March 9, 2019 10am - noon
WHERE: FCF Holland Center
COST: \$55 (includes materials and book)
INSTRUCTOR: Phyllis Strupp, brain training expert

There is a recently discovered part of the brain that is in charge of helping you be you! This special brain asset, the "default network", holds your personal memories, and helps you get even better with age through wisdom. However, it is also the brain area where Alzheimer's Disease strikes, so hands-on management is essential. This session offers:

- Overview of default network basics
- Self-assessment exercise to identify default network blockages
- Toolkit to take charge of meaning, memory, motivation
- Personal Story Plan to help your life story and your default network get better with age

To Register: please contact Phyllis Strupp at phyllis@brainwealth.org



MEDICINE PLANTS OF THE DESERT
Workshop Presented by the Desert Awareness Committee
Monday, March 11, 6-8 pm

Using native desert plants, learn to make:

Poultices, from prickly pear

Ointments from creosote

Tinctures of other desert plants

Infusions of ocotillo

Take home what you make!

Register online at www.azfcf.org

or call 480-488-1090

[Register Here](#)

Foothills Community Foundation is a 501(c) 3 Organization



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