



Dr. Chester Price

Free Community Lecture Series

With Dr. Chester Price of Healthy Options in Bel Air

Hosted by The Arena Club

The Arena Club's FREE Lecture Series

Neurological Health: Strategies for Mood, Cognition, and Sleep

November 27th - 7pm

Lecture will include information about nutritional support for a positive mood, quality sleep and/or healthy cognitive functions. We will discuss some effective, novel nutritional strategies for addressing cognitive and emotional health to help you maintain a healthier state of mind.

Metabolic Detoxification: Supporting The Body's Ability to Cleanse

December 12th - 7pm

We will discuss some effective, science-based strategies and formulas to nutritionally support the natural pathways of metabolic detoxification and help you improve your and your family's health.

Stress Management: Personalized Approaches for Relief

January 14th - 7pm

Managing stress can be difficult because there are different types of stress, including momentary and prolonged stress, and each has its own intensity, symptoms, and characteristics. We will discuss the ways stress affects the body and ways to combat the manifestations of stress.

Cardiometabolic Health: Addressing the Causes, Not the Symptom

February 11th - 7pm

Maintaining cardiometabolic health is a number one priority in developed countries worldwide. Major health organizations now recommend lifestyle medicine as a primary approach to address underlying factors, such as maintaining a healthy body composition and health ranges in blood pressure, blood lipids, and blood glucose. We will discuss factors that contribute to cardiometabolic health and ways to maintain wellness and vitality.

***Come alone or bring a friend, our
lectures are open to the public and
free of charge!
Register online at
www.thearenaclub.com!***

