



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!](http://www.thearenaclub.com!)***

