

# The Rising Sun presents

"What's Fueling Your Brain?"

**FREE** Health Seminar  
with Angela Shim, CNP

**What are "Brain Allergies"**  
**Ways to protect your brain from 7 brain drainers**  
**5 essential brain booster nutrients to keep you in tip-top mental health**



Date: Tuesday November 11, 2008 (RSVP PLEASE)  
Time: 7 - 8 pm (store will be open for shopping afterwards)  
Location: The Rising Sun Healing Arts Centre & Gift Boutique  
10330 Yonge Street, Richmond Hill, Ontario L4C 5N1



Register with: Angela Shim - Vitality Coach, Nutritionist, Energy Medicine Practitioner  
email: [angela@vibrantbalance.com](mailto:angela@vibrantbalance.com) phone: 416.723.7324