

BROWN BAG LEARNING SERIES

(Brown Bag Brain Boost)

Join us from 12-1:00pm one Friday a month for an informal lunch time program featuring speakers from local businesses and organizations. A wide range of topics will be discussed that are educational and entertaining.

The Brown Bag Learning Series is free to the public. Guests are welcome to bring their lunch; refreshments will be provided.

Friday, April 5
Main Library, Costin Room

Total Life Energy

Presented by Julia H. Sun

Life energy is the key to vibrant health, optimal weight, and longevity. Discover how fad diets, improper exercise, and modern lifestyles can cause further damage to the body's energy system. Learn how to determine your life energy needs from your body's indicators of weakness and strength. Develop a personal path to diet, exercise, and daily activities in a way that preserves and optimizes your vital energy.

ABOUT JULIA H. SUN:

Julia is a passionate researcher and health consultant who has experience in both Eastern and Western systems of medicine and holistic self-care. Her research has enabled her to radically improve her health. She shares her research through health consultations, books, training, energy healing, and public speaking.



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