

# How to Feel Content & Happy: A Presentation

LifeFit: CFIT A-LA-CARTE SERVICES

Provider: Mia Lundin, R.N.C., N.P, Nutrition & Hormone Therapist

Author of:

**“Female Brain Gone Insane: An Emergency Guide for Women  
Who Feel Like They Are Falling Apart”**



***Is it stress? Is it hormones?  
Is it a brain chemistry imbalance?***



***Often women see the signs that tell them something  
is not quite right with their health,  
but it's difficult to know what the signs are pointing to.***

**Please join us as Mia Lundin discusses these important topics on female health:**

- \*The interaction between hormones and brain chemistry
- \*How stress affects hormones and brain chemistry
- \*How brain chemistry can be balanced using nutritional supplements

Place: CFIT, 2409 De La Vina Street  
Santa Barbara, CA 93105

Date: Thursday, August 19<sup>th</sup>, 2010

Time: 2-3pm

Free to CFIT clients, \$5 donation for all others.

Please RSVP to 805-899-7777 or [kendra@sbcfit.org](mailto:kendra@sbcfit.org) (Space is limited)