



Linda
Conder
Gut Feeling

BRAIN FOUNDATION PROGRAM

A structured group program for optimising your brain using evidence-based nutrition and lifestyle principles.



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The Concern That Starts Quietly

Most people don't become concerned about their memory overnight. They begin to notice small changes:

- Occasional brain fog or memory slips
- Low mood, disrupted sleep or rising anxiety
- Subtle changes in clarity or confidence

These changes can feel unsettling.

Many people wonder what, if anything, they can do to actively support their brain health.

Early changes are often an opportunity to strengthen overall brain and body wellbeing.

What is included?

This is a structure program including:

- ✓ Small-group educational health sessions
- ✓ Meal plans, practical guides and checklists
- ✓ Targeted health assessments
- ✓ Ongoing nutritional and lifestyle guidance and review

Supporting your brain and body through:

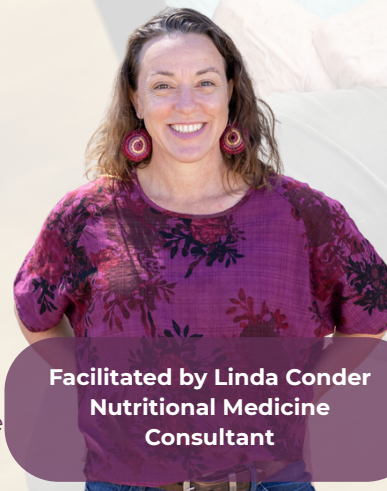


Brain health is influenced by many interconnected factors. Supporting nutritional and lifestyle foundations matters at every stage.

Is This the Right Next Step for You?

This program may be suitable if you:

- ✓ Have been diagnosed with mild cognitive change or are in a monitoring phase
- ✓ Have a family history of dementia and would like structured health support
- ✓ Are experiencing mood or cognitive changes and want to better understand what you can do
- ✓ Value evidence-informed, health and wellness guidance
- ✓ Would benefit from learning in a small, supportive group setting



Facilitated by Linda Conder
Nutritional Medicine
Consultant