

# BRAIN HACKS FOR ENERGY

VIRTUAL  
SEMINAR  
VIA  
ZOOM

**Wednesday, October 20th, 3:00pm–3:25pm**

There are 4 major brain wave cycles that affect our natural energy. From a neuroscience perspective, learn about each of these cycles and different brain hacks to leverage your natural ability to boost productivity, focus, relaxation and sleep.



Presenter:  
Sarah

MARINO WELLNESS