

Title: The Science of Our Brains and Bodies- Ryan Bouda Presenting

Description: We have more control over our lives than ever before. Research and science has proven the correlation between our brains, bodies and overall health. Conversations are no longer just a way of sharing information. Each interaction triggers changes in our neurochemistry that affect our health and wellbeing. Discover the foundation for building healthier habits, overall joy and better interactions with others. It is time to utilize our brains to impact our health!