

# Memorial

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## BrainWorks<sup>SM</sup>

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For Immediate Release

### ***Memorial BrainWorks Presents the 2010 Mary Morris Leighton Lecture***

***“Mind Body Connections: A Plan for Balanced Living, Vitality and Health”***

Dr. James M. Rippe will headline Memorial BrainWorks’ 2010 Mary Morris Leighton Lecture, taking place Wednesday, Oct. 27 at 7 p.m. at the Hilton Garden Inn, Gillespie Center.

This FREE presentation is designed to help participants feel more control over their lives, by providing specific techniques on how to feel your best and make the most out of life. It’s for anyone who has ever felt overwhelmed or burned out, and for those who want to make a change to enhance their quality of life.

Dr. Rippe is the best-selling author of “Your Plan for a Balanced Life,” cardiologist, and founder of the Rippe Lifestyle Institute, exploring how our daily habits can impact our health and quality of life.

For more information about all that Memorial BrainWorks has to offer, please call 574-647-6628 or visit [www.MemorialBrainWorks.com](http://www.MemorialBrainWorks.com).

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