

# HEAL IT NATURALLY TASTESHOP

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## IMPROVE YOUR MEMORY

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**WITH DR. KEEFA LORRAINE WEATHERSPOON, N.D.**

**SUBJECTS COVERED INCLUDE:**

- CAUSES, CONDITIONS AND SYMPTOMS
- GAMES AND EXERCISES THAT IMPROVE OUR MEMORY
- NATURAL METHODS TO RESTORE AND REVITALIZE OUR CAPACITY TO REMEMBER
- FOODS THAT SUPPORT THE KIDNEYS, BLADDER (GOVERN SHORT-TERM MEMORY) AND THE HEART (GOVERNS LONG-TERM MEMORY)
- HEALING HERBS

**SATURDAY, FEBRUARY 11<sup>th</sup>, 2012**  
**4 to 6 p.m.**

**SANKOFA AND LEARNING CENTER**  
**659 GOLDENGATE AVE., DETROIT, MI 48203**  
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