

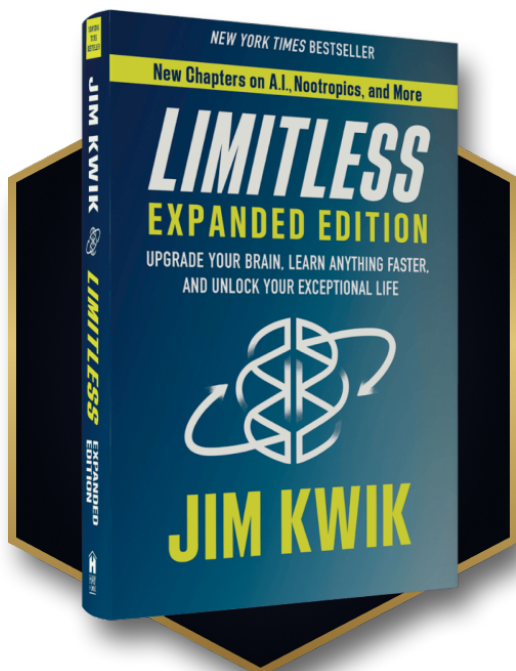
Next meeting: December 12, ACA Meeting Rm 4 @ 3:30 p.m.

“Limitless”

Upgrade your brain, learn anything faster, and unlock your exceptional life.

- The author is a leading expert in memory improvement, brain performance and accelerated learning.
- This book is available on Amazon and Apple Books
- He also has a podcast called “Kwik Brain.”
- His website is: <https://www.jimkwik.com/>
- The meeting will be on Thursday, December 12 at 3:30pm in meeting room 4 in the Activities Center, 1 Texas Drive

All members of the Alternative Health & Wellness Club are welcome to attend.



No time to read? Some suggestions:

- Watch Jim Kwik on YouTube
- Listen to Jim Kwik on your favorite podcast channel
- Listen to the ‘Limitless’ audio book