

You're invited to our

# FutureLab

TRAINING PROGRAM

**Protecting Your Brain:  
How Diet, Lifestyle and  
Supplements Can Minimise  
Cognitive Decline**

**melrose**  
**FUTURELAB**

See Ageing Differently



**Join us for a special two-part Lunch and Learn series focused on protecting and optimising brain health.**

**Hosted by Danny Urbinder, this series will explore the latest insights into how diet, lifestyle strategies, and targeted supplementation can help safeguard cognition and reduce the risk of cognitive decline.**

**Protecting Your Brain:  
How Diet, Lifestyle and Supplements  
Can Minimise Cognitive Decline**

**REGISTER BELOW:**

**Tuesday, May 13th 2025  
@ 12:30PM AEDT**

<https://my.demio.com/ref/sfAy3oMlVZvrVpGr>



**Wednesday, May 28th 2025  
@ 12:30PM AEDT**

<https://my.demio.com/ref/FLeMa8kg10zMUnT0>



**In Part 1**, we'll uncover the fundamental drivers of cognitive decline, including metabolic dysfunction, mitochondrial health, insulin resistance, inflammation, and oxidative stress — and how early intervention can make all the difference.

**In Part 2**, we'll shift focus to the brain's messaging systems, diving into neurotransmitters, nootropics, and adaptogens that support focus, memory, and mental resilience.

Whether you're looking to enhance cognitive performance, support healthy ageing, or better guide your customers and patients, this series will equip you with practical, science-backed tools to make a real impact.

For any queries, please contact:  
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