

# RISE

## WINTER TOUR

# Nashville, TN

**Date:** Thursday, February 21

**Time:** 6:00 PM - 9:00 PM

**Location:** Vanderbilt University Sarratt Student Center (216/220)  
2301 Vanderbilt Place  
Nashville, TN

**Register:** <https://amare-winter-nashville.eventbrite.com>

### Featured Speaker



**Dr. Shawn Talbott**

*Chief Science Officer  
Founding Executive*

**Your mental health is not just in your head — it's in your gut too!**  
**Join us at our Winter Rise Tour event to learn more!**

Amare, The Mental Wellness Company, has developed the world's first award-winning gut-brain axis nutrition system to help people optimize their mental wellness. Attend this special event and find out how you can take yourself to a higher level of mental and physical performance.



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