



SEEKERS

Explore. Discover. Connect.

Explore meaningful issues with noted experts, **discover** new paths to health and wholeness, and **connect** to critical conversations. Join us for the SEEKERS series, **making moments that matter** at Larchmont Avenue Church.

March 13, 2025 | 7 PM

THE TOPIC:

**"Taking Control:
Using Neuroscience to Build Better Lives."**

THE SPEAKER:

Dr. John Delfs, physician, scientist, and educator

Founder of Good Wolf which translates brain science research into practical insights that help us understand ourselves, become empowered to control our own lives, and act on the best of our values - respect, caring, truthfulness, fairness, love, and community.

Dr Delfs, a graduate of Harvard Medical School, is board-certified in neurology and internal medicine, and has held numerous leadership positions in academia, healthcare delivery, and public health.



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60 Forest Park Ave, Larchmont NY



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AVENUE CHURCH

ALL ARE WELCOME. FREE OF CHARGE.