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**Wellness at Raleigh Neurology Introduces “Eat, Move and Be Healthy” Lecture Series**

*The series offers the Triangle community, tools necessary for maintaining a healthy lifestyle*

**Raleigh, N.C. (January 19, 2011)** -- Raleigh Neurology Associates is pleased to announce a free lecture series, “Eat, Move and Be Healthy.” The lecture series, hosted by *Wellness at Raleigh Neurology*, will provide members of the Triangle community with the tools necessary for maintaining a healthy lifestyle.



*Wellness at Raleigh Neurology* is a state-of-the-art fitness and wellness center designed specifically for people in the greater Raleigh community who desire an upscale health club experience with a personalized touch.

Danny Maresca, General Manager and Personal Trainer for *Wellness at Raleigh Neurology*, will be presenting the first lecture in the series, “Is Stress Making Your Pants Tight?” on Wednesday, January 26, 2011 at 7:00p.m. at 1520 Sunday Drive, Raleigh, NC 27607.

The lecture will address the hidden types of stress, effects of stress on the hormonal system, and the top five ways to eliminate and manage stress. “Stress is very often the root of many people’s problems, whether they realize it or not,” Maresca says.

Maresca adds, “Every week there is a new fad or research study trying to tell you the ‘new’ best way to be healthy. The truth is that the answer to how to get and stay healthy hasn’t changed since the dawn of humanity.” The “Eat, Move and Be Healthy” lecture series is an effort to make people aware of what they eat and drink, while managing the way one moves, breathes, sleeps and thinks.

Other topics that will be covered in the series include “You Are What You Eat,” “Movement That Matters,” “Finding Your Rhythms,” and much more.

*Wellness at Raleigh Neurology* invites you to take advantage of our free lectures in the new series. Maresca’s lectures prove to be highly informative and have served as the spark to create lasting changes in many people’s lifestyles.

For more information about *Wellness at Raleigh Neurology*, call us at (919) 325- 4278, or visit our website at: [www.raleighneurology.com](http://www.raleighneurology.com).

**About Raleigh Neurology Associates:**

Founded in 1983 by Dr. Keith L. Hull, Jr. and Dr. S. Mitchell Freedman, Raleigh Neurology Associates is now one of the largest neurology practices in the southeast. Raleigh Neurology Associates has grown in its 27 year history to a thriving neurology practice with two convenient locations throughout the Triangle, providing comprehensive neurological care for over 250,000 people in our community. While the practice's increasing size enables Raleigh Neurology Associates to offer highly-skilled specialists in many different neurological areas, it strives to maintain the same personal patient/physician relationship standards on which the practice was founded.

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