



**GROWING  
YOUNGER**  
Healthier at Any Age

*Wouldn't you love to enhance the quality of your life along with the quantity?*

Considering that the average age of our workforce in the Commonwealth is 47 and many of us have older family members, we can all benefit from learning how to “grow younger”.

**This program covers:**

- Exercising to grow younger
- Staying mentally sharp
- Staying on top of regular medical care
- Eating right as we age
- Expanding personal community
- Finding meaning and joy at all ages

**Everyone who participates will receive an incentive.**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_



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