

## *Praise for Aging Fabulously!™ Workshops*

**"The *Aging Fabulously to Go* workshop provides you with a wealth of information. While going through the program, I couldn't help but think about where I was going to start first."**

Mrs. Marva Foster  
Michigan High School Assistant Principal

**"*Aging Fabulously to Go* is a fast two hour workshop. It's packed with useful information and the lifestyle counselor's energy and passion shine at every turn."**

Ms. Velonda Thompson  
PhD - Nutrition

**"When I attended the *Aging Fabulously to Go* workshop, I just kept thinking, 'Everybody needs to become aware of this information! It's powerful knowledge.'"**

Mrs. Renee Crawford  
Entrepreneur\Salon Owner

**You've inspired me to go back and revisit the health and fitness needs of our community and to review my personal goals and how I can help in this time of crisis. Without a healthy body and soul the spirit is dead. Thank you. I pray that you will continue to be blessed as you continue to serve God's people.**

Mr. Rodell Calloway  
Fitness Club Membership Director

## *Coming Soon...30 Days to Aging Fabulously!™ Workbook!*

***Be first to hear what experts are saying about the manuscript:***

**I love the balanced lifestyle approach of this program. It has commendable detail work including planning tools. *30 Days to Aging Fabulously!™* does a great job in demystifying nutrition science while reminding the reader of its importance for healthy aging. You'll be empowered to take charge of your life.**

*Velonda Thompson, PhD, Nutrition*  
President & CEO, Be-Fit, Inc.  
Website: [www.drvelonda.com](http://www.drvelonda.com)

**Sherry's *30 Days to Aging Fabulously!*™ has knocked the ball out of the park!!! She has focused volumes of confusing information into the secrets you'll need to age fabulously. Exercise is only part of the answer discover the rest from the *30 Days to Aging Fabulously!*™ Program.**

**Nevin L. Brittain Sr.**  
**President, Range of Motion LLC**  
[www.rangeofmotionfitness.com](http://www.rangeofmotionfitness.com)

***E Mail [sherry@agingfabulously.com](mailto:sherry@agingfabulously.com) for more details about  
30 Days to Aging Fabulously!™***