

30 Days to Aging Fabulously!®

In four- two hour sessions, participants will learn practical skills for healthy living.

In a fun setting, you'll learn...

- Nine practical steps toward a healthy lifestyle
- More than twenty lifestyle skills for healthy aging
- Three powerful mindfulness tools to help manage challenges and your emotions
- How to create more balance in your life to reduce stress
- Techniques to improve your self-image and manage cravings for unhealthy foods
- The most important person who can help you age well

By the end of the program, you'll be able to...

- Manage your health better and control how you age
- Determine your caloric needs and energy balance
- Create a healthy nutrition plan based on your personal tastes
- Use natural techniques to boost your metabolism
- Identify authentic paths to inner peace and happiness
- Create a sustainable lifestyle plan for Aging Fabulously!™

Ideal for anyone interested in healthy aging!

\$99.00 Per Participant.
 AF Handbook: \$5.00 (priced separately).

Aging Fabulously on the Go!®

There's always time to age well. In this two hour session, you'll learn power Aging Fabulously techniques that are easy to implement even with a busy schedule.

You'll learn...

- A dozen power skills for Aging Fabulously!™
- How to take control of your health and your rate of aging
- How to calculate and balance your energy needs
- Power foods to boost healthy nutrition
- Top foods to eliminate for optimum health
- Easy ways to turbo charge your metabolism
- Powerful mindfulness techniques to boost your memory
- Powerful skin care practices
- Portable techniques for stress management and relaxation
- How to improve your sleep
- Skills for Dining Fabulously!™ on a busy schedule
- Easy ways to fit fitness into a busy schedule

Ideal for busy lives!

\$49.00 Per Participant.
 AF Handbook: \$5.00 (priced separately).

Dining Fabulously!®

We spend most of our adult lives at work.

Learning how to choose lunchtime foods that are healthy and nutritious is a key skill for healthy living.

In this one hour session, you'll learn how to plan quick and easy meals to promote your health and vitality.

We'll help you understand how to...

- Boost your health through foods
- Plan a variety of meals that balance the important nutrients
- Read food labels
- Select healthy food portions
- Master the supermarket maze
- Eliminate unhealthy food ingredients
- Increase healthy food options with planning
- Prepare food with healthier methods
- Calculate your caloric intake and energy needs
- Stabilize your energy throughout the day
- Increase your physical activity throughout the day in short 10 minute sessions
- Take control of your health and well-being

Ideal for lunch hour groups!

\$29.00 Per Participant.
 AF Handbook: \$5.00 (priced separately).

Aging Fabulously!™ Talk

Want the fat and the skinny on what you can begin doing to age well?

In a motivating one hour session, we'll outline the basics for healthy aging inside and out.

Our Lifestyle Counselors will cover...

- How science is helping us age better
- The leading causes of poor health
- The best ways to slow the aging process
- Secrets of cultures that age well
- What you should know about your health
- How to take control of your health
- How to control how well you age
- Power skills for Aging Fabulously!™

Ideal for Groups, Busy Lives and anyone who just wants the basics of healthy aging!

Unlimited Participants
 Session Fee: \$250

Ask about our **free** sessions for qualified associations

Managing Your Weight for Aging Fabulously! ©

Participants will learn skills to plan and create an individualized weight management program based on safe, up-to-date and scientifically sound weight management techniques.

Our evidence-based weight management workshop addresses...

- Your dreams and quality of life
- Why dieting doesn't work
- What is a healthy lifestyle?
- Getting to Know your important Health Numbers
- Choosing the right time to begin a healthy lifestyle plan
- Developing Lifestyle Skills to help improve your success
- Understanding Nutrition
- Choosing enjoyable healthy foods
- Calculating your caloric intake and energy needs
- Understanding metabolism
- How to become physically active
- How exercise helps energy balance
- Managing stress and your emotions
- Staying motivated
- How to take control of your health
- Creating a sustainable healthy lifestyle plan

1 - Two hour Overview, \$49.00 Per Participant
8 - Two hour sessions, \$199.00 Per Participant

Materials priced separately:

Textbook: *The LEARN® Program for Weight Management*, 10th Ed., \$22.95 plus shipping/handling
AF Handbook: \$5.00

The LEARN® Program for Weight Management is a copyrighted product of Dr. Kelly D. Brownwell of Yale University.

Managing Daily Stress for Aging Fabulously! ©

This enlightening workshop focuses on building participant's awareness and skills for managing daily stressors including handling difficult people, practicing assertiveness and creating calming rituals.

Our evidence-based stress management workshop addresses...

- Your dreams and quality of life
- What is a healthy lifestyle?
- How stress impacts how we age
- Choosing the right time to begin a healthy lifestyle plan
- Understanding the principles and causes of stress
- The importance of our daily choices
- Goal-setting
- Our internal environment and stress
- Our external environment and stress
- The stress response systems of our body
- How to relax and manage stress
- ABC's of Behavior Change
- How our thoughts, roles and beliefs impact stress
- Importance of nutrition, physical activity, sleep and relaxation
- Advanced relaxation techniques
- Portable relaxation techniques
- Sustaining your low-stress lifestyle

1 - Two hour Overview, \$49.00 Per Participant
8 - Two hour sessions, \$199.00 Per Participant

Materials priced separately:

Textbook: *Mastering Stress 2001: A Lifestyle Approach*, \$19.95 plus shipping/handling
AF Handbook: \$5.00

Aging Fabulously!™ Wellness Programs & Motivation

All Aging Fabulously wellness programs are conducted by a Certified Lifestyle Counselor® who walks the talk of healthy aging.

We'll help you discover easy everyday healthy living choices to put you on a personal path to Aging Fabulously!™.

It's easier than you think!

Registration Open to Groups of 10+

For scheduling or more information call **Sherry McGee** on our Lifestyle Counselor Hotline:

313.268.7156

sherry@agingfabulously.com

*Aging Fabulously™ programs are intended for motivation not as medical advice.
All participants should consult a medical advisor before making any lifestyle changes.*

Aging Fabulously!™ LLC
Healthy Living Made Easy!™

Ask Us About...

- **Healthy Lifestyle Motivational Products**
- **Healthy Aging Workshops**
- **Evidence-Based Weight & Stress Management Programs**
- **Private Personal Training Sessions**
- **30 Days to Aging Fabulously! (Book and e book)**
- **Top 10 Ways We Speed Up Aging (Free with Membership!)**
- **The Secrets to Aging Fabulously! (e book)**

Visit us today!

www.agingfabulously.com