

Living Longer, Living Stronger



Join us for...

- **Nutrition education**
 - **Exercise instruction**
 - **Cooking demos**
 - **Posture correction**
- And more!**

Quality of life as you age is determined by your actions now.

Exercise, nutrition, positive outlook and a sense of belonging are key to aging well. You can look and feel your best at any age while working to prevent frailty and cognitive decline for a strong mind, body and spirit.

Join us for a 4-class series that can change your life.

January 16, 23, 30 & February 6
7:30 – 8:30 pm
Perform Physical Therapy
7023 Willow Springs Road
Countryside (708) 937-9249



PRESENTED BY
Michelle Fink, PT, Cert. MDT
Laura Walsh, RDN, LDN, CPT

Register by Jan 3, 2019 at 708-937-9249
For more information visit
www.walshnutritiongroup.com
or www.performphysicaltherapy.com