



## Ensuring Seniors live **BETTER, LONGER!**

When it comes to Senior health and wellness, Thrive provides the most **COMPREHENSIVE** and **BEST** education, training, accountability and support **AVAILABLE!**

### Word Class education and training in:

- **Nutrition:** Hydration, nutritional behavior, nutritional content (macro and micro nutrients), supplementation, custom programming, meal planning, food preparation, grocery shopping and much more!
- **Total Body Fitness:** Flexibility, cardiovascular conditioning, muscle balance and muscle strength, proprioception, kinematic analysis, prevention of joint, ligament and tendon break down, reduction of daily aches and pains.
- **Stress Management and Emotional Well Being:** Increase resistance and resilience to negative stress, recover faster, improve sustainability. Spend more time in a happy, loving and peaceful state.

Available in *Group Seminars*: 1 to 3 day, "How to THRIVE" (HTT) Conferences

OR

*Individual Proactive Healthcare Policies (PHP's)*: Individual, in home/facility, one on one education and training with expert health professionals.

Contact **Alex Lara @ 510 693-4317** or [alex.lara@wewillthrive.com](mailto:alex.lara@wewillthrive.com)

for more details on how to begin a custom program in your area!

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