

# Will You Live As Long As Your Parents? Grandparents?

You have their genes. What will your quality of life be like?

**Lifestyle fitNESS™**  
Nutrition Endurance Strength Structure

## Which Tree Will You Be? Attend this event and learn:

- A Lifestyle FitNESS™ program you and your family can enjoy for a lifetime
- How to avoid preventable diseases
- How to get off the diet roller coaster
- Nutrition tips that keep you young
- Endurance tips that improve your staying power
- Strength tips that empower your mind and body
- Structure tips that keep you standing straight, strong and healthy for life

Only 30% of aging is based on genetics.  
70% is attributed to Lifestyle Choices.

- MacArthur Foundation



adjust your lifestyle™

**Thursday, September 29th**  
**at 6pm**  
Refreshments will be served



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