

AGING WITH GRACE & VITALITY THROUGH HOLISTIC METHODS (161)

Wednesdays, 10:00 – 11:30 (2 Classes, 2/26 – 3/5) Room 12

Tuition \$20

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

Join Shirley Sullivan and experience the transformative power of holistic living as we explore the art of aging with grace and vitality. This class delves into the connections between body, mind, and spirit, using a range of holistic practices to optimize your physical and emotional well-being. From gentle movement and meditation to nourishing nutrition and stress-reducing techniques, we'll work together to cultivate a radiant sense of health, joy, and purpose. Leave feeling revitalized, renewed.... Come prepared to relax, unwind, and rediscover your natural vitality!

Shirley Sullivan is a Nutritionist and Holistic Health Educator; Founder of Southshore Wellness. Southshore Wellness offers a wide range of virtual and mobile services. Services include Individualized Meal Planning, FIT Testing (discover what your body may be intolerant or sensitive to) Lightwave Patch Therapy and Youth Wellness Programs/Yoga/Mindfulness.