

VITALITY THROUGH OUR AGES! (209)

Saturday, 11:00 – 2:00 (5/10) in Room 30

Tuition \$12

Our age is truly only a number as it's possible to remain vital as we mature! Today, we'll share specific ways to help prevent and deal with challenges of diabetes, osteoporosis, strokes, heart disease, cancer and beyond.

Jeannie Weiss, the "Health Genie" wellness coach, has been sharing preventive measure and tips for 30 plus years to those searching for ways to make smarter choices to lead more vital lives! So grateful to have joined the SCC community three years ago.

Dean Walters is a Certified Integrative Nutrition and Exercise Health Coach specializing in senior vitality and solutions.