

Health & Wellness

Are You Ready for Your Evolution?

Reach:
*Health & Wellness Goals
Personal & Spiritual Goals
Your Highest Potential*

Join our Monthly Calls:

- Get unstuck – move forward
- Create customized success strategies
- Heal without dredging up the past

Ask the Coach:

All goals welcome! Individual support in a nurturing group environment. Explore the power of coaching. First call free.

Group Energy Healing:

A quiet space to relax and receive.
By donation.

Learn more at

www.holisticdynamic.com

Holistic Dynamic

Ginger Marcus, CTACC, CST
Personal Coaching & Facilitation
Intuitive Energy Healing
Meditation & Holistic Lifestyle Training

4 Steps to Release the Wisdom of Your Inner Sage

How men and women over age 50 are living happy lives, building strong families, and making a difference in the world with ...

- Full self-expression
- Authentic & loving relationships
- Being of service

FLOURISHING!

And being the "*wise women & men*" around whom others flourish

Stepping into the full, rich wholeness of your life requires a new way of learning... from the "inside out"

Sandy Lundahl, MPH, MA

Holistic health educator, public health professional, playful "sage-maker"

www.ReleaseYourInnerSage.org

sandy@releaseyourinnersage.org

Tel: 301-262-1398

Over Age 50: Conversations that Matter

Offering a Compelling & Contemporary NEW Vision for the Second Half of Life

FREE Monthly Newsletter
LIVE & ONLINE
Conversations

www.OverAge50Conversations.org

- **New Learning:** Passion, Risk, Adventure in the 25 Years after 50
- **Encore Careers:** Finding Meaningful Work in the Second Half of Life
- **From AGE-ing to SAGE-ing:** A Profound New Vision of Growing Older

"Well planned discussions of things that matter to people our age. This is not about coping with health or financial problems, etc. It's more about living life to the fullest and in the most meaningful ways possible to us." Carol B.

Nutrition and Exercise Lifestyle Program

Invest in your long-term health. Learn how making small changes today can lead to a healthier, high quality life tomorrow.

- Understand WHY carbs, protein, fats, & exercise are essential to good health.
- Have FUN learning why you must eat to lose weight!
- Understand why food combinations such as red beans& rice are powerful
- No time to cook? Learn how to eat healthy in a fast food, fast lane lifestyle.

FREE weekly classes and one-on-one counseling for our members!

Cancer Exercise Program

Our Cancer Exercise Specialist works safely and confidently with people with twenty-three different types of cancer, their surgeries, treatments, reconstructive procedures, contraindications, and side-effects. We have advanced qualification and the program is recognized by the American Council on Exercise.

Curves

Lisa Gritti, Owner

lagritt@att.net

301-262-8788

Therapeutic Support Group for Families of People with Intellectual Disabilities or Autism Spectrum Disorders

Inviting parents, grandparents, adult siblings and guardians to meet and gain the emotional and practical support that you have been longing for.

- Do you have a school age child who was recently diagnosed?
- Is your child an adult who is struggling to make it on his or her own?
- Are you seeking unconditional support and a place to learn new ways to advocate for your loved one?

Manage stressors, facilitate change, and lead a more balanced life.

Contact Heather Hanko, LCPC
hankolcpc@gmail.com