

# KEEP YOUR GROOVE GOING

LEARN HOW "REAL" WOMEN AGE WITH STYLE

Lawrence Senior Center

March 22, 2017, 10:30am

*In honor of Women's History Month*

*A presentation by Joan Brame, Ph.D., Owner of Empower Fitness*



In this enjoyable and informative presentation:

- Find your motivation and humor as you age
- Move more... with joy
- Know your nutrition
- The importance of stress management & sleep
- The importance of social connection & spirituality
- Make a change