

Age Well. Live Well. Be Healthy.

At CHRISTUS Good Shepherd, we understand that our bodies & minds change as we age & prevention of these aging challenges is key to increased vitality in our later years.

During our "Age Well. Live Well" seminar series you'll learn about key aspects of senior health that will provide you with the tools needed to live a healthier life.

Topics of discussion:

- Functional Balance & Strength
- Sleep & Nutrition
- Cardiovascular Health
- And much more!

Age Well. Live Well.

Wednesdays, April 11 - May 30
10 - 11 a.m.

CHRISTUS Good Shepherd Institute
for Healthy Living

3133 Good Shepherd Way | Longview

Register to attend one or all sessions!

Call 903.323.6511



**CHRISTUS®
GOOD SHEPHERD**
Institute for Healthy Living

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