



# **OPTIMAL LONGEVITY**

*New 4 week Class!*

This unique class combines both gentle yoga and nutrition information to help you reach your optimum health. You will learn yoga poses that help strengthen and support your immune system, and healthy eating habits that will help you to detoxify your body.

Practicing yoga helps with flexibility and stress management as well as increasing muscle strength and balance. Good nutrition supports brain health, increases metabolism, and decreases inflammation.

You will get tips on how to keep yourself fit and healthy with simple ideas that you can incorporate into your lifestyle. You will learn important nutritional guidelines and get simple take home recipes to help you improve your eating habits.

Whether you are challenged by weight control, experiencing joint pain, or just want to feel your best, join us for this 4 week class to reach your untapped potential.

**Thursdays, February 5 - 26, 2015, 6-7pm**

**Cost: \$80**

**Location: Adaptive PE Room/Wellness Building  
Veterans Memorial Senior Center**

**Instructor: Monique Story/Joyfully Balanced  
Certified Health Coach and Personal Trainer**

**[monique@joyfullybalanced.com](mailto:monique@joyfullybalanced.com)**

**(650)367-6559**