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STAYING HEALTHY AS YOU AGE

HelpNet webinar

Preparing to age healthy starts at a young age. The recent view on aging has become “it’s a matter of mind” and it’s all about how you feel! With longevity, we are seeing more chronic disease and conditions. Naturally, genetic makeup plays a part in the aging process too. However, adopting healthy habits and behaviors will contribute to a productive and meaningful life as you age. Learn how perception, nutrition and lifestyle play key roles in healthy aging. The goal is to enjoy the golden years, start here when you participate in this session.

AVAILABLE ON DEMAND STARTING January 1

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