

ESSENTIAL PRACTICES FOR ENJOYABLE AGING

Posture, Balance, Alignment, Core Integration

Presented by Dr. Josef DellaGrotte

Ageing? Losing your Joints, Balance? Losing Your Mental Acuity?

Did you know that conscious movement is the best body-brain food there is?

Not just any kind of movement exercise, but just as with food and diet, it's the *quality* that makes all the difference. Aging without improving

- requires enormous amounts of expense,
- leads to a feeling of helplessness, anxiety and depression
- causes degeneration of both body and mind.

An increasing highly dependent aging population presents a looming crisis and challenge for all the developed consumer countries. Extending longevity without the means to maintain health and functional abilities is not sustainable economically or socially in any society, anywhere. It has already become a problem-loaded path of degenerative decline with major accompanying psychophysical disorders-pain, immobility, anxiety, worry and depression. No amount of government or private sponsored medical coverage can manage the present looming crisis in health maintenance and long term care.

Subjects include:

- Turning around aging concerns.
- Some new science-based ways to staying well and fitness for life.
- Exercising is the Main Factor, but What kind and how to do them makes all the difference.
- Sit-walk and walking exercises you can do anywhere.

A well-organized integrative program can dramatically reduce, even reverse the downside of problems, pains and stiffness with aging and promote healthy longevity, and greatly delay if not avoid costly 'assisted living' .

Core Movement Integration body-mind reeducation programs are designed to help you to stay able, well and fit for life. We will introduce these known ways to slow down degeneration of the body and the mind; reverse the negative slide, and even to improve *quality of life* right up to finality.

Dr Josef DellaGrotte, PhD, LMHC, CFP-physio is internationally known for his work on treating difficult body problems and improving movement throughout the aging process. His training experience includes psychology, physical therapy, Feldenkrais, Yoga and Tai Chi Qigong.

Thursday, July 12th at 1:00