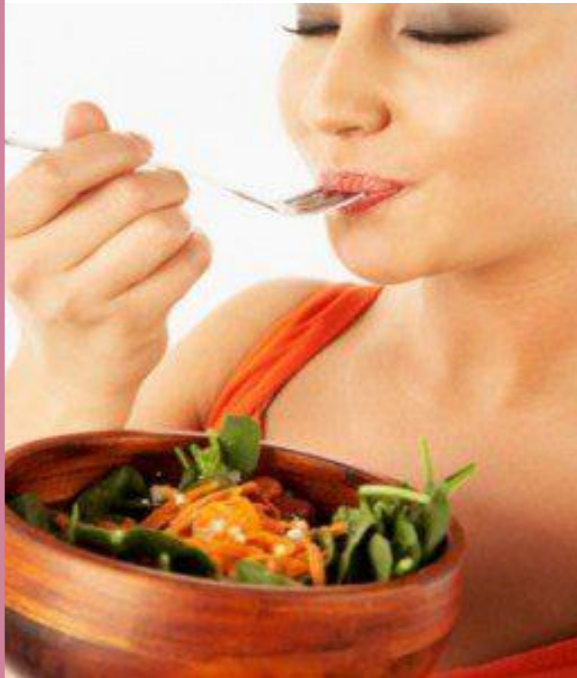


# Longevity and Vitality Club

Also known as the *aging gracefully club*

Please join us for this *interest meeting*.

This club has not been established yet.



## We say we want to be healthy...

- ✓ Be with like-minded people who actually practice being healthy. Yes, it is about practice...
- ✓ Swap recipes, explore alternative ways of selecting and preparing food, and get out of your rut.
- ✓ Join a discussion about how others manage to keep their energy up and their weight down..
- ✓ **And for this meeting, most importantly, contribute to what *you* would like to experience in a wellness club at Club Los Meganos. Give input about the best frequency and time for you for a club like this.**

When: April 24 AT 11 am

Where: Club Las Meganos

Register at MTL

Rosie is a Board Certified Health Coach, an international speaker, the author of [Health Matters](#), and the founder of the [Health Matters Coaching](#).

