

WEBINAR

# LIVE YOUR BEST AGE

*...at any age!*

Wednesday, September 6 | 12:00PM CST

Today is the perfect day to start living your best age and the great news is that there's plenty we can do that will help us age well and live long. On Wednesday, September 6, Wondr instructor Meridan Zerner will share powerful preventive strategies from the Wondr program that will nourish you right down to the cellular level, so that you can feel your best from the inside out. You'll see how the nutrition, activity, and resilience skills you learn in the Wondr program pack an age-defying punch that encourages long-term health and well-being.



Register today at [do.wondrhealth.com /LiveYourBestAge](https://do.wondrhealth.com/LiveYourBestAge)



### You'll learn:

- How to use your Wondr self-care skills to live your best age - and that it's never too late to start taking care of the skin you're in.
- Learn about eating patterns that help protect brain health and reduce inflammation in your body, so you can stay sharp, focused, and feeling great.
- Explore physical activity impact on brain health, anxiety, depression, and chronic pain - and find the type of movement that brings you the greatest enjoyment.
- Understand the value of social health in keeping you feeling younger.



Learn more about Meridan Zerner at [do.wondrhealth.com/instructors](https://do.wondrhealth.com/instructors)