



# REALITIES AND MYTHS ABOUT AGING

## June 15, 2023

### 11:30-12:30 pm

### Virtual Session Microsoft Teams

#### About Your Session:

We are thought to believe that growing old means our bodies will be feeble, brains more forgetful, etc, but that does not have to be the case. There are elders who can run a marathon faster than a younger person! It is all about keeping our bodies active and moving. Staying active and challenging our bodies mentally and physically can also help any age-related mental decline. Changing our mindset about how we see growing older by learning about the realities and myths about aging can greatly impact our overall health and wellness in the long run.



#### Meet Your Speaker:

Shannon Dolan is a Nutritional Therapy Practitioner and Health Coach who is on a mission to make the world a healthier place through the power of a real, whole foods diet. After earning her Bachelors of Science in Applied Nutrition from the University of Delaware, she continued her passion of health and fitness by coaching many clients through exercise programing.

While growing her career Shannon also suffered from body image issues. Through her quest to achieve the “perfect body” she let her own health deteriorate. That is when the Nutritional Therapy Association came into her life. Through these personal and professional experiences Shannon is on a mission to help MILLIONS.



#### Registration Options:

Register online at <https://bit.ly/OakFit-Aging>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at [hunt@d@oakgov.com](mailto:hunt@d@oakgov.com) • (248) 858-5473