



NEW YEAR, —NEW— YOU!

A DYNAMIC VIRTUAL EVENT

The new year is a great time to commit to a healthier, more active lifestyle! According to the National Institutes of Health, exercise and physical activity are some of the best things older adults can do to stay healthy. This is why we are offering this highly informative and motivational event designed specifically for seniors who are looking to stay active and age gracefully. This event is hosted by Lori Michiel Fitness, Inc., the go-to experts for senior fitness. Ms. Michiel has 14+ years helping seniors fulfill their physical potential and experience the joy of leading a healthier life. This interactive event is the perfect way to start off the new year.

This exciting virtual event focusing on the importance of fitness as we age!

- LATEST TRENDS IN HEALTHY AGING
- FITNESS DEMONSTRATIONS

ABOUT LORI MICHIEL

Lori Michiel is certified as a Senior Fitness Specialist by the National Academy of Sports Medicine, the Arthritis Foundation, and the Medical Fitness Foundation. Through her innovative company, Lori and her expert staff offer personalized fitness programs and classes to enhance the quality of life of older adults.



Don't Wait. RSVP TODAY!



January 28, 10:30 am

Call **805-413-3300** to RSVP or go to VarenitaWestlake.com/rsvp and complete the form and we'll contact you with log-in information.

