

Live healthier and happier, longer



Learn the secrets of longevity at our free virtual event

People who live into the triple digits tend to have certain traits and habits in common. At our free program **Living Healthy to 100**, we'll share secrets of centenarians (people aged 100 or older) and how to enjoy a longer, higher quality of life. We'll also demonstrate how to cook a delicious recipe packed with healthful antioxidants.

It's easy to attend from home or anywhere using a phone, tablet or computer.

Here are a few things you'll learn:

- Theories of why we age
- The importance of attitude
- How to eat for a longer life
- Tips for staying active
- The power of social connections
- Habits to avoid



Living Healthy to 100

Sept. 22, 2021 | 2 p.m. EST

To register, visit

<http://bit.ly/CENTENARIAN>



CenterWell does not discriminate on the basis of race, color, national origin, age, disability or sex.