



**Stay strong;
Live L O N G :**

How to manage the ageing process with motion.

Practical tools and techniques for limiting and managing the ageing process in bones, muscles, joints, hormones, circulation and the mind.

A workshop for all ages by

Mike Ellefsen,

a registered biokineticist and TMC member.

Date: Saturday 10th March,

Time: 9am to 11 am,

Venue: TMC Chapel,

Cost: no cost.

Enquiries – Angela – 011 782 0367