



Take 15% OFF the resources discussed in each workshop. Valid day of only.

AGING OPTIMALLY

Part 1: Tuesday, June 4th

Part 2: Tuesday, June 18th

PART 1 TUESDAY, JUNE 4TH

with Cyndi Weis

TIME: 5:15-7:15pm

LOCATION: breathe in
Pittsford, NY

You will:

- Create a personalized plan for up-leveling your healthspan based on your current lifestyle
- Identify your personal protein needs to build and maintain muscle
- Learn sleep hacks to improve the quality of your sleep
- Explore meditation as a science-backed tool for optimal aging

PART 2 TUESDAY, JUNE 18TH

with Cyndi & Abby Weis, esthetician

TIME: 5:15-7:15pm

LOCATION: breathe in
Pittsford, NY

Part 1 is not a prerequisite for Part 2

You will:

- Discover how to have beautiful, glowy, skin with targeted nutrition
- Learn how the right topical skincare regime + LED can catapult your results
- Explore supplements for optimal aging
- Learn how gut health and lifestyle can reduce chronic inflammation or “inflammaging”
- Uncover the power of proper hydration and how to achieve it

We require 72 hours notice for cancellations. Cancellations or no-shows within 72 hours will not be refunded.

Enroll Online or call us at (585) 248-9070

Cost:

Part 1 only: Members \$100; Non-Members \$125

Part 2 only: Members \$100; Non-Members \$125

Part 1 & 2 when purchased together: Members \$180;

Non-Members \$225