

Sanibel Recreation Center Presents

UNLOCKING THE KEYS TO EXTENDING YOUR HEALTH SPAN

With Zach Gurick, Director of Sales and Optimal Aging

SHELL  POINT

Wednesday, January 28th
12:00pm



The Health Span Revolution



Quality of Life

- We are in a new era focused on extending *quality* of life, not just longevity.
- Emphasis on living healthier, stronger and more vibrant lives at every age.
- Science and innovation are making better aging achievable



What You'll Learn

- Cutting-edge research on physical, cognitive and emotional wellbeing
- Practical strategies to support long-term health and vitality
- Tools to help optimize wellness in later years



The Takeaway

- Empowerment through knowledge and proactive choices
- A renewed vision of what it means to live a fully alive life
- Confidence that thriving in later years is within reach



About the Presenter

- Presented by Zach Gurick, Director of Sales and Optimal Aging at Shell Point
- Hosts, "Fully Alive" Podcast
- Brings an engaging, accessible approach to complex health and wellness topics
- Shares insights rooted in both research and real-world application

RSVP Requested

239-472-0345

Light refreshments will be served



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