

# *Interactive Seminars and Workshops*

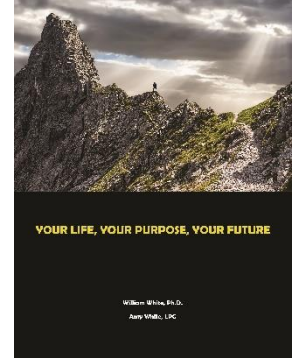
*led by*

**Amy White, LPC, and William White, Ph.D.**

## **YOUR LIFE, YOUR PURPOSE, YOUR FUTURE -**

***Create a personal vision and action plan for life's major areas—spiritual, relational, work/service, and physical/emotional health.***

For this workshop, we draw from our book, *“Your Life, Your Purpose, Your Future,”* The book is free for download on the Ageless IDEAS landing page, [www.agelessideas.com](http://www.agelessideas.com), and for sale on Amazon. With advance notice, paperback copies directly from Ageless IDEAS are available at a significantly reduced cost.



## **ACHIEVE OPTIMAL BODY/BRAIN HEALTH AND PERFORMANCE**

***Evidence-based guidelines for the prevention and reversal of major disease and achieving your body/brain potential***

### ***WHY bother?***

- It honors God by taking good care of His creation—you.  
*“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” Psalm 139:14*
- It allows you to serve at your best with your gifts and aptitudes.
- As you age, you will not be forced to give up the things you love and enjoy.