



# VIBRANT AGING: Manifesting Your Best Life August 28-30, 2015

DR. CARRIE DEMERS

**Modern society has associated the latter years of life with loss, fear, and debility. In contrast, ancient wisdom sees the potential for growth, vibrancy, and expansion as we become freed from the daily duties of work and family. New research is beginning to support this time-honored view: that our bodies and minds are quite capable of vibrant health well into our seventh and eighth decades of life.**

Here is some of the practical information you will receive:

- Proven lifestyle strategies to maintain—and even improve—health and vitality
- Simple techniques for decreasing stress
- Supplements that support brain function
- Why movement matters
- How to get a good night’s sleep
- Adopting an anti-inflammatory diet
- Support for our microbiome and good digestion
- Meditation practice for beginners

You will gain a new understanding and appreciation for your healing capacity, and with tips and techniques to implement to keep you moving forward into your best life.

Dr. Carrie Demers, a board-certified internist and integrative medicine physician for over 20 years, is uniquely positioned to translate both traditional wisdom and scientific research into understandable and immediately useful actions for living well. She is a faculty member of the Himalayan Institute and Director of the Total Health Center there for the past 18 years. She sees patients, writes articles, and lectures nationally on integrative medicine.



Please dress comfortably; all sessions include movement/stretching/relaxation. Q&A is a part of every workshop (lasts 10-15 minutes).

## **Understanding Aging: East and West**

**Friday August 28th**

**7-8:30 pm**

(60 minute lecture, 30 minute gentle yoga/breathing practicum)

## **Inflammation: You Can't Afford It**

**Saturday August 29th**

**9:30 am-12:30 pm**

(3 hours, lecture/practicum)

## **Assimilating Our Lives Sunday August 30th**

**9:30 am-12:30 pm**

(3 hours, lecture/practicum)

## **Keeping Your Mind Sharp**

**Saturday August 29th**

**2-5 pm**

(3 hours, lecture/practicum)

## **Location:**

Brentwood Conference Center  
1201 Hanley Industrial Court  
Brentwood, MO 63144

FOR MORE INFORMATION:

[www.rememberingyourself.org/events/](http://www.rememberingyourself.org/events/)

**(314) 322-1944**



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To order tickets online:  
**[vibrantagingstl.bpt.me](http://vibrantagingstl.bpt.me)**

For more information:  
**[www.rememberingyourself.org/events](http://www.rememberingyourself.org/events)**

**Mail check to (and make payable to):**

Christine Hughes  
860 North Woodlawn Ave  
Kirkwood, MO 63122

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Full Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Contact/Cell number: \_\_\_\_\_

**Registering for:**

Whole Workshop: \_\_\_\_\_ x \$225 = \_\_\_\_\_

Fri plus 2 sessions: \_\_\_\_\_ x 160 = \_\_\_\_\_

Friday PM: \_\_\_\_\_ x \$35 = \_\_\_\_\_

Saturday AM: \_\_\_\_\_ x \$65 = \_\_\_\_\_

Saturday PM: \_\_\_\_\_ x \$65 = \_\_\_\_\_

Sunday: \_\_\_\_\_ x \$65 = \_\_\_\_\_

**TOTAL ENCLOSED:** \_\_\_\_\_