

PASSION and Healthy Aging

with *Dr. Erica Goodstone*_____

“A session with Dr. Erica makes me feel half my age and totally comfortable in my skin. My body moves with more ease and flexibility.”

Lee Gerstad, Certified Rubenfeld Synergist, Author and Poet

Attendees will learn about:

- The difference between normal aging and disease process
- Normal, gradual physiologic changes as our body ages
- How to prevent or mitigate the common problems of aging
- Diet, exercise and sensual awareness for healthy aging
- Remedies for sexual problems and sexual dysfunctions
- Touch and touch therapy for healing and improved health
- Immune system strengthening through brain stimulation
- Maintaining emotional health through love and sociability
- Factors that predict and facilitate healthy aging
- Resources for creating a healthy, and healing lifestyle

Many people are concerned about their health and may be confused and even overwhelmed with conflicting information and advice.. Attendees can apply what they learn here immediately to improve their own health and the health and well-being of their loved ones.

Attendees will receive a useful study guide and reference materials related to the seminar so they can easily review what they have learned and begin to take charge of their own health.

Former professor, Dr. Erica is a highly dedicated teacher, licensed and experienced relationship therapist, and an engaging speaker.



She is the author of several books, ebooks, Kindle books, audios, videos, articles and blogs about creating loving relationships.

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