

# THRIVE AT ANY AGE: TRANSFORMATIVE PRACTICES FOR A VIBRANT LIFE

 MARCH 24TH, 3:00-4:30 EASTERN

 ZOOM

 RESERVE YOUR SPOT TODAY!

[HTTPS://US02WEB.ZOOM.US/MEETI  
NG/REGISTER/2YUMA-  
CFRAOJWIG9UK4-RQ](https://us02web.zoom.us/j/84451223693)

**A Special FREE Learning Session with Dr.  
Gerda Edwards, PhD**

Are you ready to take control of your health and unlock your full potential for a vibrant, fulfilling life?

Join Dr. Gerda Edwards, PhD, DNM, FDNP, as she shares three transformative self-help practices that can help you thrive—no matter your age.

With an impressive career spanning natural medicine, functional diagnostic nutrition, and holistic cancer support, Dr. Gerda has helped countless individuals reclaim their health and vitality.

**In this engaging session, you'll discover:**

- The three key practices that can enhance your well-being and longevity
- Practical, science-backed strategies to support lifelong health
- How small changes can lead to powerful, lasting results

Don't miss this opportunity to gain expert insights and take a proactive approach to your well-being. Your path to a healthier, more vibrant life starts here!



[gina@ginabrelesky.com](mailto:gina@ginabrelesky.com)

<https://www.ginabrelesky.com>