

# How to Stay Young for the First 100 Years

## Harbor Chiropractic

The office of Heather Crawford, DC and Kate Faipler, DC



People are living longer than ever which makes it important to avoid and prevent spinal disorders to ensure you're able to maintain mobility and enjoy life. This brief, fun, and enlightening class explains the many facets of a healthy lifestyle and the role that chiropractic plays in keeping you mobile for your entire, long life.

Harbor Chiropractic is covered under the YourChoice Alternative Care Benefit.

- Ultimate Plan Level: \$25 co-pay per session, 20 sessions per calendar year
- Best/Better/Basic Plan Levels: Deductible and coinsurance apply

**Lunch provided. Seating is limited - Reserve your seat now!**

Date	Time	Location
Thursday, Sept 20	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Thursday, Sept 27	11:30a - 12:15p	Public Works, Conf Room 1&2 1022 26th Ave E, Bradenton
Thursday, Oct 18	12p - 12:45p	Transit, Conference Room <i>Transit/Transit Fleet Personnel Only</i> 2411 Tallevast Rd, Sarasota
Thursday, Nov 8	12p - 12:45p	MSO Ops, Media Classroom <i>MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton
Thursday, Nov 29	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Avenue West, Bradenton

Open to employees and adult health plan members!

**Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)**

(select "How to Stay Young" in the dropdown menu or use the search bar)

