

“Change How You Age”

Presented by

TRADEWINDS WEALTH MANAGEMENT

Thursday, September 26th

10:00 AM PST ** LIVE ONLY**

ZOOM RSVP Required / Click on **email** link to register
Office -503-673-2828



ABOUT ROBIN ROSE

For more than three decades, Robin Rose has explored the frontiers of leadership and neuroscience. As a Keynote Speaker, Consultant, and Corporate Trainer, she has unconditional regard for human beings and the stress they can encounter.

With a Master's degree in Counseling Psychology, Robin teaches a rare and scientific approach that allows people to translate brain science into practical and usable information and skills. Easily applied to every day life, allowing you to live longer, be happier and prolong your brain health and function.

Her latest book, “Shifting Gears: A Brain-Based Approach To Engaging Your Best Self”, has been field tested on over 100,000 people and is packed with tools for clear thinking, improved relationships and renewed enthusiasm for life!

WHAT WILL YOU LEARN?

While we cannot stop aging, we can dramatically impact HOW we age.....

***Learn** how to increase your mental and emotional resilience, why this is critical to youthful aging, and how this improves your quality of life.

***Discover** simple things you can do to improve sleep, physical balance, and daily stamina.

***Explore** what common habits actually diminish brain capacity and resilience (probably not what you think!).

***Identify** what to do instead and how to simply build them into your daily or weekly routine.

This seminar is Information Packed!!
You will IMMEDIATELY start using this practical information based on brain and aging research.