## 

## **JOIN US FOR A LECTURE**

\$10 (FREE FOR SHILO FARM MEMBERS)

This presentation will discuss longevity and liveliness, how to live longer, get more out of life and preserve your Vitality:

- Preserve your brain, body and spirit
- Learn about various illness processes and how to delay them
- Discover approaches to life, fitness, diet and sleep to help you with living a longer and healthier life

TIME: 11am—NOON
DATE: FEBRUARY 3RD
SATURDAY
LOCATION: Shilo Farm
88 Beech Road, Eliot, ME

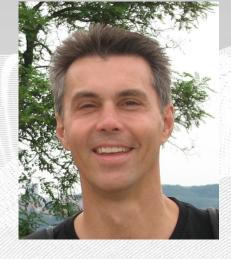
## Sponsored by:

Shilo Farm

INCREASE YOUR V Wellness & Health

IncreaseYourV.com

PHONE: 207-703-8483.
WEBSITE: www.Shilo-Farm.com
Email: ShiloFarm88@gmail.com



## Dr. Andrew Tomas PT MEng DPT

Dr. Andrew Tomas has over 30 years of experience in the athletic performance and health care field.

Andrew has worked with professional and up-and-coming athletes, performing artists, heavy industry "athletes", office & home professionals, weekend warriors and retirees.

Andrew is owner of IncreaseYourV wellness clinic in Kittery, Maine. He is faculty at Evidence in Motion (EIM) and adjunct faculty at Franklin Pierce University, Manchester, NH.