

# Longevity & Health

## 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**

PHONE: 207-703-8483.

WEBSITE: [www.Shilo-Farm.com](http://www.Shilo-Farm.com)

Email: [ShiloFarm88@gmail.com](mailto:ShiloFarm88@gmail.com)

**INCREASE YOUR V**  
Wellness & Health  
[IncreaseYourV.com](http://IncreaseYourV.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.