

Free Seminar and Workshop

# Longevity

## Look Younger and Live Longer

The older you get - the healthier you have to be!  
How to get there? How to optimize Lifespan?

**Dr. Peter Fischer** will guide you through **Nutrition, Lifestyle, Supplements, Sleep, Detoxification, Emotional Health** and **Exercise**, how he can help to find out **why** your body is out of balance, **why** the anxieties aren't going away, **why** you have low energy, **why** you can't sleep, **why** you are gainig weight, **why** you have poor memory and bring you **back on the Road to Longevity**

### Where:

Lakeside Wellness and Mindful Health Center  
1033 Long Prairie Rd., Flower Mound, TX 75022

### When:

November 4, 2024 at 7:00pm

**Workshop with Dr. Mike DeBore** - How to turn the aging clock back 20 years:

**How to increase Growthhormone (HGH)** stimulates Muscle Grow

**How to increase Nitric Oxide (NO)** Oxygen transport and lowering Bloodpressure

**How to increase Insulinlike Growth Factor (IGF-1)** Master Regulator of Lifespan, Protein Synthesys, reduces Bloodsugar



MINDFUL HEALTH CENTER LLC

FOCUS ON WELLNESS, NOT ON ILLNESS

[WWW.MINDFULHEALTHCENTERLLC.COM](http://WWW.MINDFULHEALTHCENTERLLC.COM)