

NOVEMBER IS ALL ABOUT
GRATITUDE..
HOW CAN WE FOCUS ON ALL WE
HAVE TO BE GRATEFUL FOR?



REACH OUT TO THOSE AROUND YOU WHO MAY BE
STRUGGLING IN SILENCE, UNABLE TO ASK FOR HELP.
CONNECT WITH SOMEONE NEAR OR FAR WHO MAY BE
WAITING TO HEAR FROM YOU!
BE KIND ~ YOU NEVER KNOW WHAT PEOPLE ARE GOING
THROUGH ~ BE LOVE!



OFFERING ONE ON
ONE, SMALL GROUPS ~
IN PERSON OR ONLINE
FOR MORE
INFORMATION
CALL 760.612.5557

Which season of life are you in?

YOU can Change the Way You Age AT ANY AGE!
Join me every Wednesday morning at 9am PST on my
Facebook Group: [#MovementMotivationAndMore](#)
**Increase your functional strength and quality of
life now!**



PHOTO: Tom Smith

SEASONS BLESSINGS FROM THE HEIZERS

'Tis the Season... to be Jolly

by Ann Heizer

As we head into our second season with our new awareness, rules and mandates: How do you plan on staying healthy and happy during the holidays? News of the most sought-after gifts being stuck out at sea, and travel challenges keeping families apart could take its toll on mental health more than ever this year.

Here are some ways to keep your perspective, stay in gratitude, and keep your vibration high:

- Make your own gifts: The fall leaves make wonderful gifts if you press them and place them in a frame from a thrift store, simply hand-writing a card or reaching out to someone by phone or text
- Spend time in gratitude for everything and everyone you have in your life right now: your health,
- Self care in the form of hydration, movement, making great nutrition choices, and getting enough sleep
- Clear the Clutter: In your home and head! Let it go!

It's never too late to [Change the Way You Age!](#)

[JOIN MY PRIVATE FACEBOOK GROUP HERE!](#)

Thank you so much to those who purchased my e-book!

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Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male...
Mick Matthews

Sponsored

Look inside ↴

Ann Heizer
LeverAge: Changing the Paradigm of Aging
#1 New Release in 90-Minute Self-Help Short Reads

www.bitly.com/leveragemethod

Thank you!

ORDER YOUR COPY HERE: LEVERAGE METHOD BOOK

IF YOU MISSED the Global Conservation Force Fundraiser ... **[DONATE HERE](#)**



GIVE THE GIFT OF WELLNESS ~ WORK WITH ME ONLINE OR IN PERSON!

90 Day Journey to  **with Ann Heizer**

"It's never too late - or too early to Change The Way You Age!"
 "MOVING SINCE 1961" *Ann Heizer*

Empower yourself to move better, manage stress, enhance your Quality of Life and so much more by 2022!
ONLINE OR IN PERSON
<https://calendly.com/changethewayyouage/get-to-know-you>



**GET RESULTS in 90 days ~ Call now:
760.612.5557**

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