

Fabulous Forever™

ALL ABOUT WOMEN by MIRABAI HOLLAND



Mirabai Holland M.F.A, EP-C, CHC is one of the leading authorities in the Health and Fitness Industry, specializing in preventive, rehabilitative and lifestyle programs for age onset health issues.

Mirabai has been a trusted provider for Manatee Your Choice for over a decade with a history of success with many MYC health plan members. Her programs are implemented worldwide including at hospitals, fitness facilities, corporations, government agencies, and community centers in the USA, and globally!

Fabulous Forever™ All About Women is a FREE interactive 4-week education and health coaching program on ZOOM with a weekly education video and live seminar with Q&A forum.



This program gives women the tools to take charge of their health and longevity.

*The 4-weekly classes recur each **Tuesday @ 12pm** from **October 22-November 19, 2024** *NO 11/5

*Each participant will receive 2 personal one-on-one Health Coaching sessions with Mirabai in addition to the group education sessions. MUST have 2 sessions remaining out of the 5 FREE otherwise, a \$25 co-pay is required.

*Open to all members on the YourChoice Health Plan

On The Road to Health in 90 days - You will learn to recognize the most dangerous issues, assess your vulnerability, and design a plan of action to maximize your health your way.

How To Read Your Labs

Know what those numbers mean for your health today. Blood Pressure, A1C, Cholesterol, Bone Density, BMI, and other risk markers. How to take charge before they get out of control.

Thrive Before and After Menopause - Learn how your cycle affects your health, sexuality and risk factors throughout the various stages of your life.

How Old Do You Want to Be - There are places in the world, including right here in the USA, where people routinely live to 100 +. Learn what they're doing and how you can do it too.

Registration Opens 9/17, Register Here!

Limited to the first 24 registrants

