



'Mobility'Moving freely throughout the ages!

Free zoom

Sunday 5th October 2025

Join Zoom Meeting

<https://us02web.zoom.us/j/4938094936>



Mobility isn't just about legs and joints. It's about living on your own terms, having choices and staying connected.

Moving freely as we age is 'Empowerment'

Aging is a natural and inevitable part of life, experienced differently by each individual. Positive aging—also known as healthy aging—recognizes the challenges that may come with growing older, while embracing the opportunities for change, growth, and continued fulfilment in later life!

Mobility and flexibility are essential for preserving independence, functionality, and quality of life as we age. They support our ability to carry out daily tasks, reduce the risk of injury, and enable us to stay active and engaged. By regularly practicing habits that support physical movement and adaptability, we can counteract some of the effects of aging, sustaining vitality and well-being. Ultimately, positive aging is a holistic process. It involves caring for the whole person -physically, emotionally, socially, spiritually, and cognitively empowering individuals to live fully and meaningfully at every stage of life.

Join us on the 5th October

To find out how you can keep moving forward!

Topics Covered....

1. Types of Joints
2. Aging body changes
3. Diet
4. Supplements
5. Latest Research
6. What stops you!

"We are strange beings, we seem to go free, but we go in chains – chains of training, custom, convention, association, environment – in a word, Circumstance, and against these bonds the strongest of us struggle in vain." Mark Twain

Maintaining a positive outlook on aging can significantly enhance overall well-being throughout the lifespan. At the heart of this is mobility—not just in the physical sense of joints and movement, but as a symbol of independence, choice, and connection to the world around us.

Contacts

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"It's not the big moves that change everything – it's the smallest one's in your everyday life that do"

Mel Robbins