



'Mobility'Moving freely throughout the ages!

Free zoom

Sunday 16th November 2025

10am

Join Zoom Meeting

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



Dr. Vonda Wright's book content has nutrition, exercise protocols and lifestyle which is based on scientific research and decades of thousands of patients. Much of this is universal and would be beneficial for anyone – regardless of gender/age – looking to improve strength, mobility and overall health as they age!

<https://www.youtube.com/@DrChatterjeeRangan>

You're NOT Just Getting Old! – these Daily Habits are Destroying Your Body After 40! Vonda Wright

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!

Join us

16th November for Part 2

To find out how you can keep moving forward!

Topics Covered....

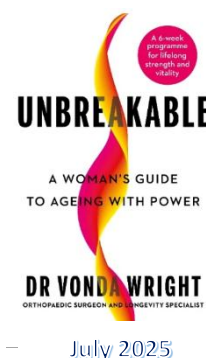
1. Recap – Rosen Method
2. Aging body changes
3. Movement Modalities
4. Diet/Supplements
5. Latest Research
6. What stops you!

Contacts

Email: bttiireland@gmail.com

Web Page: <https://bio-testing.org/>

Facebook Page: <https://www.facebook.com/BioTestingandTherapy>



"You have to embrace getting older. Life is precious, and when you have lost a lot of people, you realize each day is a gift."

Meryl Streep

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!