



ANNE GOLDBERG
THE SAVVY SENIOR
THE ART OF LIVING LONGER
A USER MANUAL FOR THE HUMAN BEING

The Art of Living Longer
User Manual for Humans™

2019-2020
Catalogue of Presentations

*Savvy Seniors are old enough to have a past, and
young enough to have a future
– at any age!*

The *Art of Living Longer*

A User Manual for Humans™

The art of living longer is about eliminating the mental, physical and/or emotional blocks that prevent boomers and seniors from embracing this time of life as one ripe with opportunities to stay engaged and involved in such a way that each new day brings a happy reason to get out of bed. It's about understanding that, as homo-sapiens, there is certain maintenance and upkeep necessary in order to keep our human bodies operating at peak efficiency for as long as possible. *The art of living longer* is about setting priorities and exploring aspects of your self in order to live these years with greater meaning, purpose and vitality. And finally, it's about knowing that no matter your age, *you're old enough to have a past and young enough to have a future!*

The Savvy Senior offers instant Insight into better living



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Anne Goldberg, The Savvy Senior, is dedicated to helping boomers and seniors grasp life with passion and purpose. With “edu-taining” lectures and workshops, she helps to unravel all the conflicting information out there on what to do in order to achieve a happier and healthier life.

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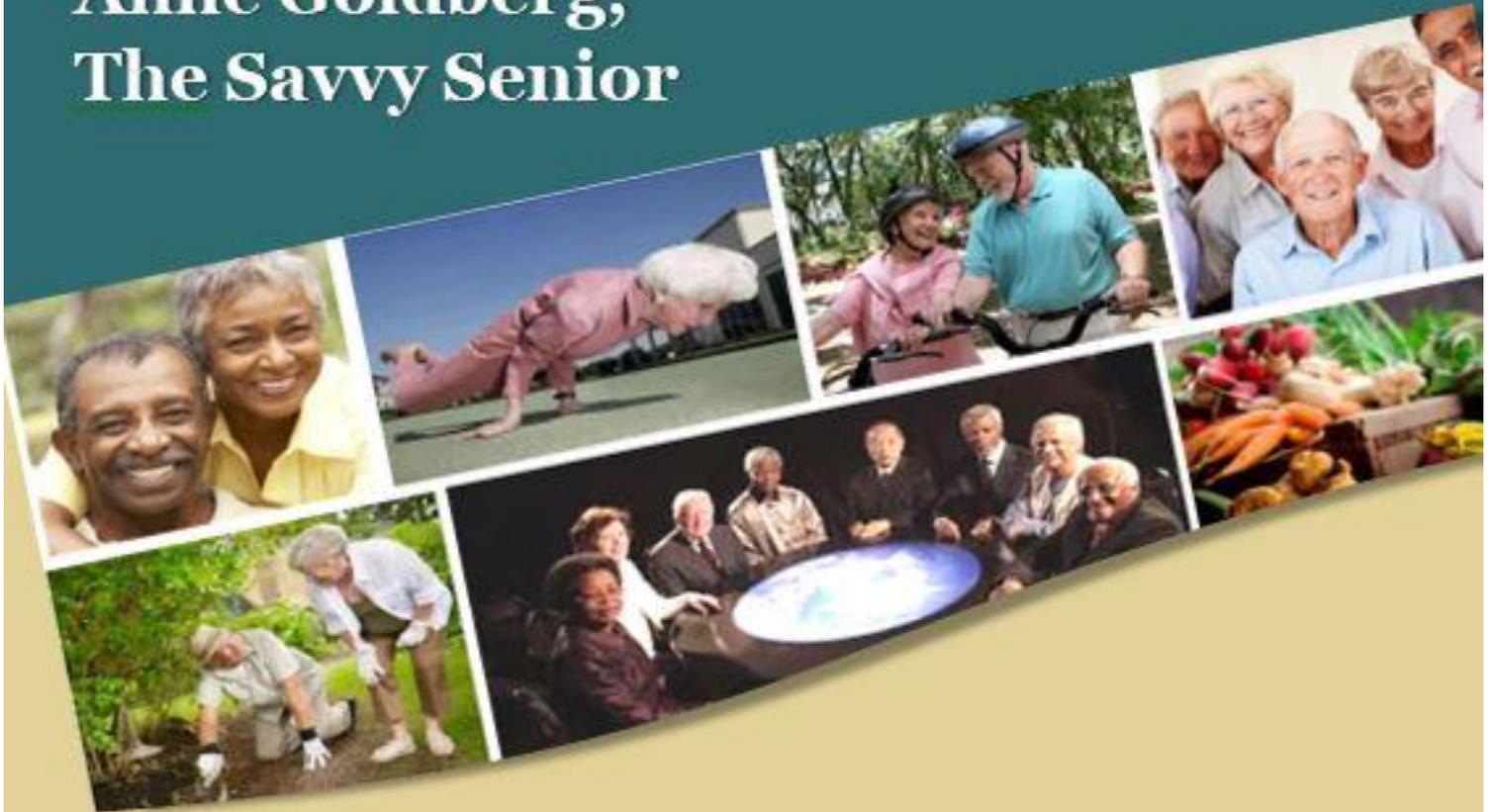
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The Science of Aging

Live Long, Live Well-An Introduction to The Art of Living Longer User Manual™

Written and presented by

**Anne Goldberg,
The Savvy Senior**



Important information that will help you make the choices that will help you make this third act of life vibrant and meaningful.

This is an introduction to the ideas and science behind “The Art of Living Longer User Manual™” and delves into the lifestyle habits of those who live longest in the world, largely based on the work of Dan Buettner and the Blue Zones and supported by hundreds of studies worldwide.

BE EMPOWERED and take charge of your health.

The Art of Living Longer User Manual for Humans™

Blue Zones & The 8 Dimensions of Wellness

Come to this class and learn the principles of wellness and longevity from two of the most compelling studies available to us, National Geographic's Blue Zones and the 8 Dimensions of Wellness pioneered by Duke University.

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The Science of Aging

Epigenetics & Neuroplasticity

This important information will help you make this third act of life vibrant and meaningful.

We've all heard the old adage, you can't teach an old dog new tricks. Well, it seems you *can teach an old human new things* and it's because of **neuroplasticity** of the brain.

Conventional wisdom had it that genetics predicted our future health. The science of **epigenetics** debunks that with solid science showing it is the lifestyle choices we make that determine our health & well-being.

This is a very empowering discussion for boomers & seniors.



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THE SAVVY SENIOR

954.536.8008 – Call or Text



The Science of Aging

Telomeres, Aging & Longevity

This important information will help you make choices that support a longer, happier life.

DNA carries the blueprint for your health. Scientists know though, that what is genetically marked may or may not actualize. The variable is *choice – the choices you make.*

At the tip of each strand of DNA is a little ‘endcap’ called a *telomere*. The length of the telomere has been shown to be an accurate predictor of longevity and telomere length can be affected by various lifestyle factors.

Learn what they are and the choices you can make that can lead to a happier, healthier, longer life.



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5 Steps to Better Brain Health



Do you worry that...

- ... you enter a room and forget why you went there?
- ... you make a phone call and forget who you called?
- ... you simply cannot remember names of people you meet?

With a mix of music, movement and conversation, this FUN & INFORMATIVE class leaves attendees with solid, easy tips on maintaining good brain health.



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Intentional Aging

Vibration Stew

Where Science & Spirituality Meet

“To understand the true nature of the universe, one must think in terms of energy, frequency and vibration.” ~Nikola Tesla



We’ve all had the experience of meeting someone and feeling very uncomfortable with them, like they had some kind of ‘bad’ vibe. And, we’ve had those experiences of someone lighting up a room when they enter. The science behind it is that those ‘vibes’ are the waves at which each of us is vibrating, based largely (believe it or not) on the thoughts we think.



The science of Quantum Physics (think Einstein) confidently says we are all energy. What does that mean? What are the mechanisms that make that true?

This class explains it all in an *edu-taining* way that will leave attendees more in control of their lives.



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Familiarity Breeds Contempt

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Who knows **you** better than **you**?

- Who knows your **faults and flaws** and every thought in your head?
- Who knows **every good deed you chose *not to do***?

No one but you knows you like you do and, while that may seem like a simple truth, when we look deeper, we often find a level of self-loathing, self-contempt or disapproval that seeps into our thoughts regularly.

In this class, learn:

- Tips to help you see yourself kindly and with compassion
- How to identify the self-sabotage of negative thinking
- Self-love and self-care techniques



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Good or Bad? *Who Knows?*



We have all had those experiences that, in the moment, seemed just terrible, yet with the benefit of time, an understanding of the blessings that emerged from it become apparent. This important discussion begs the question, “was what happened good or bad?” and will help bring perspective and offer tools to help move through life’s challenges with greater hope, understanding and self-compassion.

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Aging *Consciously*

Are You Old or An Elder?

“(Aging) is a privilege that can be earned by taking advantage of all that we know about the right things to do for health and quality of life.”

~Richard J. Hodes, M.D., Director, National Institute on Aging

“Older people have persistence... Age is the moment we come to terms with ourselves. We begin to look inside ourselves.”

~ from *The Gift of Years* by Joan Chittister

Aging consciously is about being intentional in your thoughts, words and actions. It is about getting in touch with what's important to you and clearing out the emotional and physical blocks that stop you from living life happily, with energy and mental and physical vitality. It's accepting mortality and forgiving and moving on to doing those things that make you want to get out of bed in the morning.

- Forgiveness and healing the Past
- If life is a death sentence, how do you want to be remembered?
- The relationship of spirituality and aging



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Decluttering Your Mind

Choosing to Feel Happy Not Crappy!

Did You Know?



- Mind clutter can cause memory lapses?
- Research shows your brain needs a *break* on a regular basis?
- Why decluttering your mind helps you live happier and healthier?
- There are simple techniques to help you switch from feeling crappy to feeling happy!



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The *Art* of Living a *Meaningful Life*

Do you have a *purpose*?

Are you happy to get *out of bed*?

Are you *motivated* on a daily basis?

Do you live from a perspective of *love*?

Do you have *courage in the face of adversity*?

Many of us don't have something in our life that makes us want to get out of bed in the morning; that juices us to know we are still relevant and have some contribution to make in the world.

This discussion delves into the universal human need for purpose and strategies on how to connect with what is truly meaningful for you.

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Nutrition

COMING FALL 2019

Decoding Food Labels

You Are What You Eat!

There is an ever-increasing body of research regarding our diet and our health. But what exactly is the relationship between what we eat and how we feel and, what does it all mean for each of us? What's healthy and what's not !

In this important class on nourishing our bodies based on the needs of homo-sapiens (i.e. us humans), you will learn:

- What foods are the culprits and why?
- What foods are emerging as the super heroes that lead us toward better health?
- How to assess if food is harming your health
- Eating for Cognitive Health
- Fun and easy tips to eating for a longer, happier life

\$10 per person includes 1-hr presentation plus handouts with recipes



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Is Your *Food*, Food?

You may be surprised to learn that even *natural* foods can wreak havoc with our health. This must-attend discussion will teach you:

- The nutritional basics the human body needs to operate efficiently and without pain
- To distinguish food that supports your health and food that does not.
- To read food labels and uncover hidden ingredients that are harmful to human health



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First Food Then Mood

aka The Gut Brain Connection

Did You Know?

- There is a proven relationship between what you eat and your mood?
- Research shows your brain responds to your gut and your gut responds to the food you eat
- That eating whole, unprocessed foods helps you maintain cognitive health, a better mood with more energy and vitality?
- This class is important for anyone dealing with depression, mood swings, headaches and inflammation



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Lifestyle



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Don't Get Scammed

With ever-sophisticated methods, criminals are trying to scam and defraud you. This important class will help you discern fraud from fact and make you aware of the schemes that these criminals use.



SCAMMERS ARE EVERYWHERE!

- Telephone
- Email
- Insurance
- ... and more

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Are We Too Clean for our Health?

"(Bacteria are) most important to the health of our gastrointestinal system, but may have even more far-reaching effects on our well-being".

~Dr. Elizabeth Hohmann of the infectious diseases division at Harvard-affiliated Massachusetts General Hospital.

Did you know that there are more non-human organisms on and in the human body than human cells? It's true. Human health is dependent upon a multitude of bacteria and other living organisms and our *obsession with things ultra-clean* is actually harming our collective health, both physically and mentally. This session delves into those bacteria why they are necessary, how we are messing with them, and how we can help them to thrive.

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Carving Healthy Holidays

**Presented by Anne Goldberg,
The Savvy Senior**

Author Speaker & Lifestyle Consultant for Seniors



Anne shares her mind-body-spirit approach to getting through the holidays while maintaining physical and emotional health. Whether with family or alone, this is a recipe for joy and well-being that urges us towards happy, healthy and meaningful celebrations.

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Grandparenting in the 21st Century



A look at the relationship
between parents, children
and grandchildren
through the ages.

What does it mean for
grandparents today?

What's different? What's
the same?



**... and what can we do for ourselves to meet the
challenges of grandparenting in these, sometimes,
challenging times.**

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Humor, Laughter & Living Longer



Laughter feels good, but did you know that it lowers blood pressure? Did you know that regular laughter has some of the same benefits as Working out?

Join me and have fun learning about all the benefits of humor and laughter. What else do you have to do?

Bring a pen, pad and sense of adventure. You never know what you may learn!



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Never Too Old!

Extraordinary Accomplishments and Achievements of Seniors

Do you think that you're *past your prime*, because you're over 65? Do you believe that your brain isn't what *it used to be*? Then consider these remarkable accomplishments:

- A 77 year old astronaut!
- An 82 year old tightrope walker!
- An 86 year old begins painting and becomes internationally-acclaimed!
- A 100 year old climbs Mt Fuji! (OK, it wasn't his first time on the mountain. He first started climbing at 89!)

This inspiring and fun look at what's possible leaves attendees feeling empowered to pursue a passion, a cause or face a challenge.



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Anne Goldberg, The Savvy Senior



The Upside of Downsizing

Does the prospect of moving to a smaller home send shivers down your spine?

You're not alone. Moving is a major life event, causing anxiety for most people, especially when you consider that you, most likely, will have to deal with the accumulation of a lifetime. We have attachments to our stuff. It is part of what defines us. Some of it has a story to tell.

BUT, the benefits of downsizing are significant and compelling. This presentation helps to allay fears and open the door to a whole new life adventure.

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Entertainment

Savvy Classic Film Series

Great Dance Scenes - 1, 2 & 3

3 Separate Presentations featuring the best dance sequences in American film.



It'll be fun, fun, fun taking a stroll down memory lane with some of the greatest dance numbers ever filmed. Join Anne Goldberg, The Savvy Senior, for this first in a series of American Film Classics.

- **Jimmy Cagney**
- **Fred Astaire**
- **Gene Kelly**
- **Debbie Reynolds**
- **Shirley Temple**
- **And more!**

Savvy Senior Classic Film Series



American Film Institute Greatest Movies Parts 1, 2 & 3

3 Separate Presentations featuring clips from some of AFI's 100 best movies. Each clip is curated to be uplifting, entertaining and a link to a time and place in the past for each attendee.



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Jewish Themed Presentations

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Rhythm & Jews

A Look at the Jewish Contribution to Jazz

Who doesn't love jazz music? The beat, the rhythm, the harmonies... But, did you know that jazz is a hybrid of African and Jewish influence?

This delightful class explores the Jewish contribution to jazz and offers fascinating information and great music for your enjoyment.



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From the Bible to the Borscht Belt

A Look at Jewish Humor



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Israeli Innovations

Written and presented by

Anne Goldberg,

The Savvy Senior

**Motivational Speaker, Author
& Lifestyle Consultant for Seniors**

Jews make up less than .2% of the world's population and we are responsible for a vast number of life-improving technologies and inventions. It is the Jewish spirit that is part of who we are. This wonderful presentation provides a look at the remarkable innovation coming out of Israel

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Teaching Technology to Seniors

Savvy Senior Smart Phone & Tablet Group Classes



A comprehensive 12-week series that covers everything from settings to gestures, accessories to accessibility for **both i-Phones and Android devices.**

It is recommended to have one series of classes for absolute beginners and another for those more comfortable with their phones. Classes are typically 60 minutes and are limited to 25.

Anne Goldberg, The Savvy Senior, began her career by teaching technology to seniors. Her patience and unique way of presenting information allows for seniors to truly begin to understand and use these devices to make their lives happier and safer. Smart phones challenge our brains and that's a great way to stay cognitively healthy.

Androids and iPhones

Tablets and iPads



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Ask Anne

An open-ended hour Q & A on subjects, from nutrition to dementia to medication side-effects, travel, fashion, movies and more – Attendees will learn how to find more information on line, how to research safely and reliably using technology to be better informed on all issues we face in this stage of life.

All classes offered by Anne are fun and 'edu-taining'!



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Collaborations

Lawrence Siegel,
MA, AASECT, CSE
Clinical Sexologist



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SAGE
INSTITUTE

LAWRENCE SIEGEL

Clinical Sexologist

Sex After 60

Key Points Covered

Sexuality is not what we do, it is the core of who we are. We are wired for it even before we are born.

There is a relationship between intimacy and sexuality and how each contributes to overall health and well-being.

The "new normal" with respect to intimacy and sexuality that comes along with aging, illness and disability.

Dating after 60. What you need to know to stay safe, have fun and live life fully.

4 or 6-class series created and presented by

Lawrence Siegel, MA, AASECT, CSE
Sage Institute for Family Development
&

Anne Goldberg, The Savvy Senior
The Art of Living Longer User Manual for Humans

Sexuality in seniors is an expression of a normal need for love and intimacy that does not diminish with age.

FOR MORE INFORMATION AND TO SCHEDULE CLASSES CALL OR EMAIL

Larry: 561.254.4237

Lsiegel2010@gmail.com

Anne: 954.536.8008

Anne@SavvySeniorServices.com

Cannabis

Debunking Myths About Medical Marijuana

Discover its history from acceptance to demonization.

Learn the demonstrated physical and psychological health benefits.

Understand the relationship between cannabis and the human endo-cannabinoid system.

Tell the difference between CBD and THC – what they are, how they differ and how they can help you and your loved ones.

4 or 6-class series created and presented by

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Sage Institute for Family Development

&

Anne Goldberg, The Savvy Senior
The Art of Living Longer User Manual

You've heard the hype.
Now learn why
everyone's talking about
cannabis for
boomers and seniors.

For more information and to schedule classes
call or email

Lamy 561.254.4237 / Lsiegel2010@gmail.com or
Anne 954.536.8008 / Anne@SavvySeniorServices.com



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Speaker, Writer, Longevity Consultant
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Also Offering

- Private Smartphone, Tablet & Computer Lessons
- Lifestyle Consulting to help seniors make better choices
- *Chas to Calm* Decluttering and Organizing
- Legacy Videos/Books – *Everyone has a story. What's yours? Your life. Your stories. Forever.*

#AnneGoldbergTheSavvySenior

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The Savvy Senior Credo

I'm old enough to have a past
and young enough to have a future.
I don't know my expiration date so
I commit to live fully, to let go,
forgive, and to love unconditionally;
to live mindfully into my future,
making choices for my mind, body
& spirit that will help me achieve a
happier, healthier, longer life.



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