



The Art of Living Longer
*User Manual for Humans*TM

2020-2021 Catalogue

What is The *Art of Living Longer* User Manual for Humans™?

The art of living longer is about eliminating the mental, physical and/or emotional blocks that prevent boomers and older Americans 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



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

Anne Goldberg, The Savvy Senior, is dedicated to helping boomers and older Americans 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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young enough to have a future – at any age!*



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The Science of Aging



The Art of Living Longer User Manual for Humans™

Written & presented by
Anne Goldberg, The Savvy Senior

Informed by Blue Zones research on the people who live the longest in the world, this one-hour *edu-taining* lecture covers the main points associated with longevity and health and serves as an introduction to the curriculum of “The Art of Living Longer”.



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 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

Presented by Anne Goldberg,
The Savvy Senior

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?

Learn how to preserve and even increase brain function in this fun and 'edu-taining' class!

With a mix of music, movement and conversation, this class provides solid, easy tips on maintaining good brain health throughout your life.



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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 interactive 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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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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Gratitude



“The Art of Gratitude” is an interactive and *edu-taining* conversation on GRATITUDE – how to summon it ‘on demand’ and why it’s so important for your physical and cognitive health to practice it regularly.



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Nutrition

COMING SPRING 2020

**Understanding 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 Cleaning Ourselves Sick?

The Illogical War Against Bacteria

"(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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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

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**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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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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Services Offered

- Motivational speaker for seniors on *The Art of Living Longer – A User Manual for Seniors*
- Private/Group Smartphone, Tablet & Computer Lessons through TDM Tech
- 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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