



LONG-LIFE MINDSET

I RECOGNIZE living a healthy Long-Life to 100 years and beyond is entirely possible.

I EMBRACE becoming a centenarian is part Art and part Science.

I BELIEVE from this point forward,

I AM the artist and scientist of my own Long-Life destiny.

Embraced by: _____

Date: _____

Witnessed by: *Marla Letizia*
a.k.a Nanny Bubby