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HEALTH & WELLNESS



### Straight Talk with Sandra Reich Archives Available

**August 30th 2018: Stretch Back in Time to  
Reverse the Aging Process!**

Did you know that we can chose how to age? Is there a solution to slowing down and reversing your aging process and the secret to remaining young and pain free no matter what your age? The human body is designed to remain pain-free, energetic and healthy throughout its lifespan. We should never have to surrender helplessly to chronic pain, hip and knee replacements, loss of energy and mobility, poor posture, weight gain—regardless of our chronological years. Join us for this episode where Sandra talks with best-selling author, health expert and founder of the famous Classical Stretch: Mira

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### Featured Guest



#### Miranda Esmond-White

Miranda Esmonde-White is one of America's greatest advocates and educators of healthy aging. Following her career as a professional ballerina, Miranda developed her own fitness technique, Essentrics®, and became the flexibility trainer to numerous professional and Olympic athletes.

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