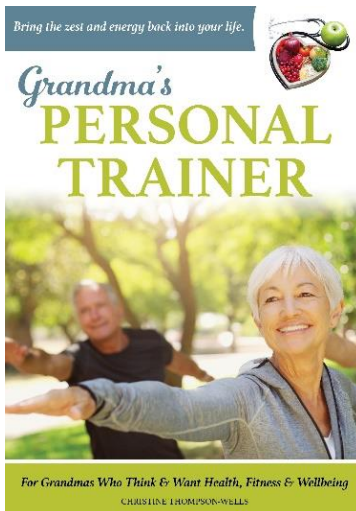


MEDIA RELEASE

NEW BOOK RELEASE

'AGE IS BUT A NUMBER'

OUT DATE December 2023



Becoming older, is a gift and needs to be celebrated. It should not be seen as a time of decline and hiding but a time of growth and renewal.

The author believes that through instruction, and personal determination, many ailments associated with age can be managed through frequent, exercises.

The power of this new book gives back to its reader a new direction in the benefits of, done in the home, easy exercises. These exercises add to personal health and wellbeing.

With simple illustrations, the book is easy to read and understand.

Christine Thompson-Wells is an international author, speaker, and a qualified, certified teacher/educator.

Christine is available for radio interviews, television appearances, and articles for magazines and newspapers.

For your, no cost, copy of '**Grandma's Personal Trainer**' please email:

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