

FOR IMMEDIATE RELEASE:

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You can Stop “Normal” Aging

January 14, 2008 (Englewood, Colo./DENVER) - “Younger Next Year” is the title of a book written by Chris Crowley and Henry S. Lodge. Learn from Chris how he has turned his life around and at the age of 70 he writes, skis, sails, windsurfs, enjoys cooking and spending time with his wife. This year Chris completed “Ride the Rockies”.

“Younger Next Year” was written to help men and women turn back their biological clock. Live a strong, fit and sexy life – until in your 80’s and beyond. Learn how you can be functionally younger every year. How you can avoid 70% of the decay and eliminate 50% of the injuries and illnesses associated with getting older.

Meet Chris Crowley, co-author of the Younger Next Year books. Fundraising event presented by Progressive Health Center *Thursday, February 7, 2008* from 7:30-9:30 a.m. at The Denver Athletic Club.

Cost per person - \$50 | Corporate Sponsorships Available

For additional information on Chris Crowley and for ticket information visit <http://www.progressivehealthcenter.org/youngernextyear.html>

Corporate Table Sponsor - \$1,000

- 10 breakfast guests on day of event
- “Younger Next Year” book copy for table sponsor
- Free event parking at the Denver Athletic Club

Title Sponsor - \$5,000

- Name recognition on invitations, all printed materials including website and banner at the event
- Dinner with Chris Crowley, co-author of Younger Next Year, Wednesday, February 6th at 6 p.m.
- Speak from podium about your company and introduce Chris Crowley
- 10 breakfast guests on day of event
- “Younger Next Year” book copy for table sponsor
- Free event parking at the Denver Athletic Club



For corporate sponsorship information contact Sue Goodin at 303-788-9399 or e-mail sgoodin@progressivehealthcenter.org

"Chris summarizes the thesis he and his co-author (Dr. Henry Lodge) write about in their book: Younger Next Year. He gives a high energy, entertaining summary of the physiological changes associated with moving past middle age and what you can do about it. He asserts that by following his regimen, one can avoid / eliminate 50% of the serious illness that will afflict someone over age 50."

Mark Hopkins

[Rocky Mountain Ed Chair '06/'07](#)

"At Sutter Health Partners we see the tangible results of coaching and empowering people to change their behaviors towards healthier lifestyles. So much of chronic disease can be prevented and this is a great opportunity to be motivated by someone who lives the "good life" by every meaning of the word."

Margaret Sabin

[Chief Executive Officer of Sutter Health Partners in Sacramento, CA](#)

Progressive Health Center is the preeminent provider of complementary and holistic therapies for people with chronic conditions in the Rocky Mountain Region. We bridge the gap between traditional medicine and holistic therapies in order to alleviate physical, mental and emotional pain.

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