



Cathy Richards is a nationally known professional speaker and expert in Senior Living Lifestyle and Wellness. She helps Life Plan Communities/CCRCs engage depositors and prospects by demonstrating how a senior community provides the *best* opportunity to live a long and healthy life.

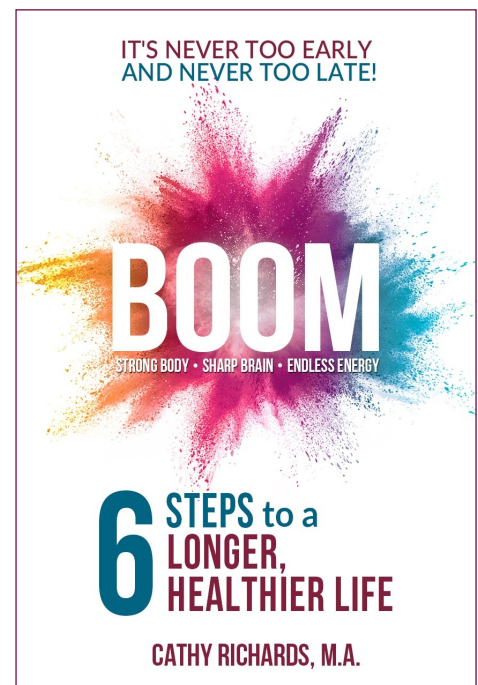
Cathy's Signature Program:

***BOOM: 6 Steps to a Longer,
Healthier Life
For Baby Boomers and Beyond***

Extraordinary health and quality of life is within reach and within your control at any age! You need to know:

- ◆ Lifestyle habits of those who live beyond 100
- ◆ Brain fitness facts that will change your future
- ◆ Your hearing and dementia: linked and important!
- ◆ Muscle magic that will keep you mobile and agile
- ◆ The number one strategy to prevent falls
- ◆ Goodbye back pain in two minutes a day
- ◆ Superfood timeless eating plan for a healthy weight
- ◆ Why WHERE you live matters significantly
- ◆ And much more...

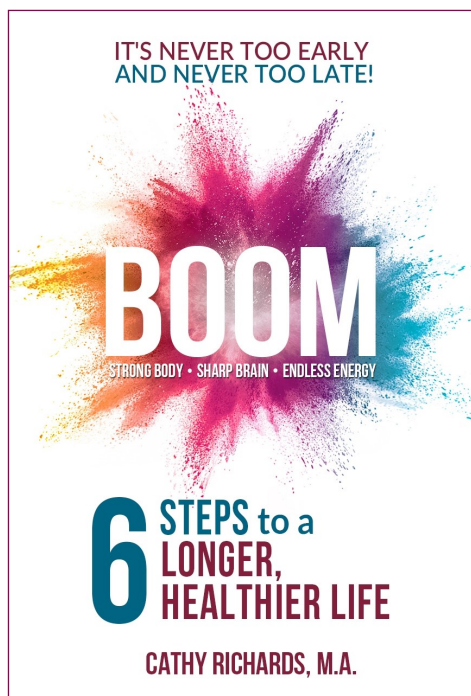
Programs can run from one hour to full-day or multi-day sessions. Cathy will work with you to customize the program length and depth of content for your group's unique needs.



Cathy's Amazon Best Seller

Cathy Richards, M.A. inspires vitality for baby boomers and beyond! As director of Lifestyle and Wellness for one of the largest CCRCs in the US, Cathy focused on enriching the lives of 1400+ residents. She also has experience caring for her own aging relatives. Her signature program and Amazon Bestseller by the same name, *BOOM: 6 Steps to a Longer, Healthier Life* are born from her first-hand experience that a senior community is the *best* setting to live a longer, healthier life! Cathy highlights the simple steps older adults can take to increase longevity and she *links these steps directly to living in a senior community*. Cathy earned the coveted C. Everett Koop National Health Award, has a M.A. Degree in Exercise Physiology, and is a member of the National Speaker Association. With a dynamic speaking style, she is a frequent presenter for senior living communities and conferences. See her speaker highlight reel at cathyrichards.net.

Seven Ways Living in a Senior Community Helps You Live a Longer, Healthier Life



1. Onsite access to fitness programs help you improve your physical strength, mental abilities, and energy level, and decrease your risk of falls.
2. Plentiful social opportunities support laughter and relationship-building, which are closely linked to longevity.
3. Interesting educational and cultural events stimulate your brain.
4. Dining venues improve social connectedness and offer healthful foods without food preparation hassles.
5. Access to higher levels of care if needed in the future provide peace of mind.
6. Relief from home maintenance responsibilities leaves more time and energy for pursuing what you want to do.
7. Living in a community provides an unending supply of opportunities to contribute and connect.



Book Cathy for your next event!

Praise for Cathy and BOOM!

Cathy provides a compelling message that modest lifestyle changes can yield meaningful results at any age. Her tips and philosophy will go a long way helping all of us to age in a healthier way. —Jill Vitale-Aussem, President and CEO, The Eden Alternative and author of “Disrupting the Status Quo of Senior Living: A Mindshift”

Cathy Richards is helping to spread the word that aging does not have to mean inevitable decline. She outlines practical yet impactful strategies to maximize personal wellness at any age. She also offers the right amount of encouragement that will sway even the most stubborn skeptic! — Roger Landry, MD, MPH, President, Masterpiece Living, and author of “Live Long, Die Short”

As Seen In...



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