

Course The 100 Year Lifestyle

Course Description:

Welcome to The 100 Year Lifestyle. We are committed to helping you and your loved ones live your best life every day of your life, from birth to 100 years and beyond. Centenarians, 100 year old people, are one of the world's fastest growing groups.

- *The number of 100 year old people worldwide is expected to grow by 746% between now and 2040. - US Census Bureau*
- *50% of babies born since 2000 are expected to live to 100. - British Medical Journal*

Like it or not, want to or not, you will probably live longer than you ever thought. We are the first generation in history that is getting this advance notice about our life expectancy potential.

Through the best selling principles and practices of *The 100 Year Lifestyle*, you and your loved ones will be able to make the most of every day on your journey to 80, 90, 100 years and beyond.

Course Format: Video

Cost: \$100.00

Credits: 1.5

Instructor: Dr. Eric Plasker, DC

Bio:

Dr. Eric Plasker ran two highly successful practices in Georgia for 16 years before launching The Family Practice, Inc., a mission-driven training company that is helping chiropractors around the world help more people while reaching their full potential in practice and life. The Family Practice is helping doctors build the most successful lifetime family wellness practices in the world.

Dr. Plasker currently travels all over the world with The Family Practice Seminars and he has become one of the most sought after speakers and chiropractic. With the launch of his new book, *The 100 Year Lifestyle*, Dr. Plasker has also become a popular, corporate keynote speaker, and television and radio personality.

According to Dr. Plasker, "Everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life."