

From: **Neurocore** rmartn@neurocorecenters.com
Subject: Want to Age Well ? Start With These 5 Things
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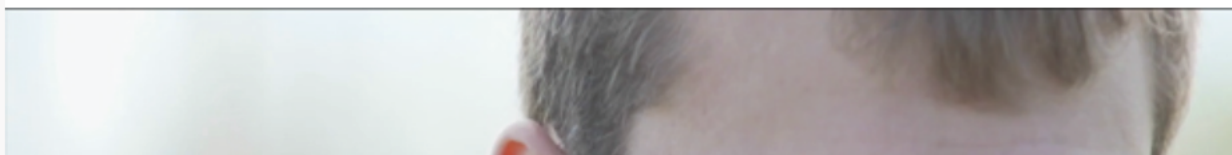
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Want to Age Well? Start With These 5 Things

We all want to live a long and happy life. While there's no magic formula that has cracked the code to anti-aging, there are some science-backed habits you can adopt to better your chances for staying healthy as you age.

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MINNESOTA VIKINGS QUARTERBACK

Did You Know?

Many professional athletes and NASA use neurofeedback to improve their focus, stress management, and sleep. Why shouldn't you? We provide a more convenient, **mobile program** you can do in the comfort of your home, with the same benefits, plus **unlimited brain training**. So what are you waiting for?

[Learn More About Thrive](#)





How Holding Grudges Can Shorten Your Life

Studies have shown that holding onto negative feelings is not only bad for your mental state, but it can also actually affect your health.

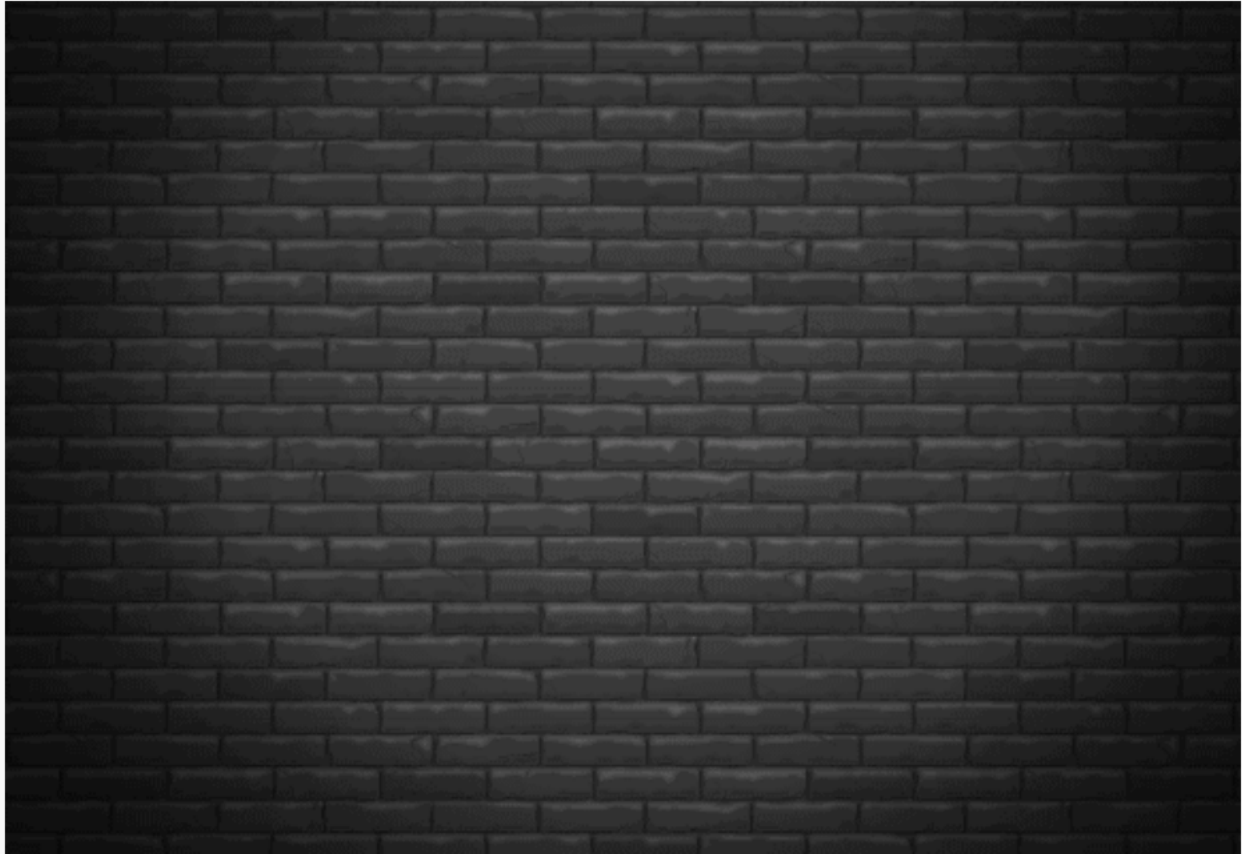
[See How To Move On](#)



Neurocore Counseling Services

Did you know that Neurocore now offers counseling? Find a center near you and meet the team!

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Which generation is most likely to see a therapist?

Take the quiz and find out!

[Take The Quiz](#)





Upcoming Events

- [Grand Rapids Lunch and Learn, Tuesday, 5/21 at 12:00 PM](#)
- [Sterling Heights Lunch and Learn, Wednesday, 5/22 at 12:00 PM](#)

CLIENT STORY

"My life has changed drastically. I am no longer depressed or suicidal. My anxiety is under control. I have been able to work through so many of my problems. I came to Neurocore suicidal and hopeless. I thought my anxiety was going to rule my life forever, that nothing would ever change. I can't put how grateful I am into words. All I can say is thank you to Neurocore for saving my life."

Zyra G.

Grandville Center, April 2019

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