

NO SPIN, JUST THE FACTS

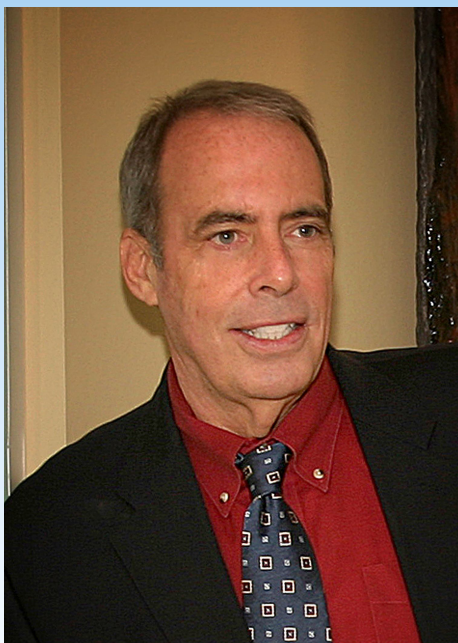
A Lecture Exploring the Truth About Health and Wellness

Wednesday, September 1, 5—6:15 pm

Terra Bistro's Mountain Room

Complimentary to the Vail Community

With so much conflicting information available regarding health and wellness, it's tough to know what to believe. Within this engaging discussion, discover "the truth" according to Dr. Tom Schneider, MD, FACS. Learn about the components of health promotion and disease prevention.



Dr. Tom Schneider, MD, FACS Medical Director, Florida Healthspan Institute

Dr. Tom Schneider, MD is dedicated to the belief that the process of physical aging can be slowed, stopped or even reversed through existing medical and scientific interventions. His groundbreaking work in age management and regenerative medicine is rooted in more than a decade of personal and professional involvement in this exciting medical specialty.

At The Vitality Center at Vail Mountain Lodge, Vail locals and guests now have access to Dr. Schneider and can receive a customized program to reverse aging symptoms and receive fitness and wellness coaching.

Dr. Schneider attended medical school at Georgetown University and trained at prestigious facilities including Bethesda Naval Hospital, Harvard, Johns Hopkins and the National Institute of Health. In addition to the rare distinction of being board certified in four medical specialties, Dr. Schneider is certified in Chinese Acupuncture for Aging by world renowned, Dr. Yun Tao Ma and by the Cenegenics Education & Research Foundation's program in Age Management Medicine. He also maintains an ongoing avocation in Bioethics and affiliates with the Kennedy School of Bioethics at Georgetown University.



The Vitality Center™

At Vail Mountain Lodge

Go fit. Go well. Go long.

Located within the Vail Mountain Lodge & Spa

352 East Meadow Drive, Vail Village

970/476-7721

VailVitalityCenter.com