

Are you ready to rethink what you thought you knew about aging?



We are starting a movement! A movement for seasoned, mature women who aren't satisfied with sitting on the sidelines. You are not done yet! You can claim the life you have always wanted and pursue your dreams. Stop listening to that voice that tells you "you're too old" or "you're not good enough." Know that you can transform and flourish in the second half of your life. Freedom, power, joy, peace, and prosperity are your divine rights.



T. Kari Mitchell
INSPIRED AGING™ MOTIVATIONAL SPEAKER

T. Kari Mitchell's exciting signature talk, You're Not Done Yet! Get Ready for Act II, inspires mature women to rethink the second half of their lives and push back on the boundaries that have been set for them. Built on a strong spiritual foundation and touching on seven key lifestyle components, this presentation is for ladies who want to go places they've never been and do things they've never done. An accomplished coach and educator, T. K. inspires women to reclaim their health, confidence, purpose and power so they can accomplish amazing things in their golden years. Travel and adventure, repairing old relationships, starting a new business, finding new hobbies... There's no limit to building the life you desire.

Additional topics include:

- Spiritually Speaking: Finding Your Purpose
- Four Steps to Forgiveness: How to Repair Your Relationships
- Generous Generation: Leaving a Legacy
- Don't Call It a Diet: Creating a Live-It Nutrition Program

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Nourish ✨ Transform ✨ Flourish



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Reach out to book me for your event today!



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T. Kari Mitchell spent 32 years as a public school educator preparing millennials for their future. And now, she has dedicated the second half of her life to preparing perennials for their future.

Although T.K. has been health conscious most of her life, she experienced significant health challenges in her early 50's. Through dietary modifications, naturopathic therapies and lifestyle interventions, she reversed her health issues and reclaimed her power in a short period of time. Life experiences inspired T.K. to blend her passion for teaching and wellness in a unique way to help mature, seasoned women flourish in their golden years.

T.K. founded Lifestyle 120®, a holistic wellness business. She is a published author; workshop facilitator; and motivational speaker. Sprout Your New Life™, T.K.'s comprehensive, spiritually based empowerment program, helps women overcome their struggles around achieving health and happiness so they can flourish during their second act.

T.K. received her B.A. from Scripps College, her M.Ed. from University of Southern California, her Health Coach Certificate from Institute for Integrative Nutrition, and her Aromatherapist Certificate from Aromahead Institute. She is also an Ageless Grace® Educator—facilitating fitness classes for the body and brain.

T.K.'s book, Sip the Garden: Fun Easy Drinks for a Healthier Family, was featured in My Suburban Life Magazine and Glancer Magazine. She was a guest on Voice America and co-hosted a six-month wellness series with Dr. Pat on Transformation Talk Radio. One of her health articles was published in Mind Body Green Magazine and an inspirational post was featured in Sivana East. T.K. regularly publishes a blog called Aha Moments and a newsletter called Nourishing News.

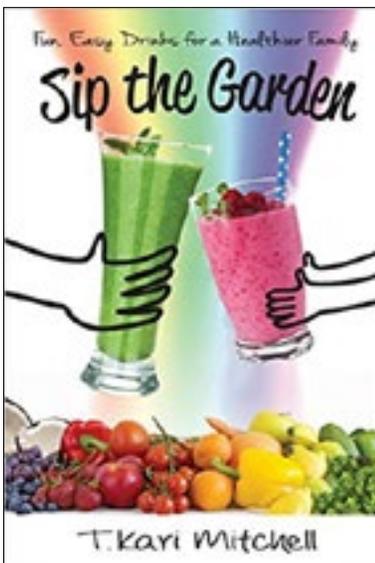


Lifestyle 120[®]



Sprout Your New Life™ is an online, spiritually based empowerment program for mature, seasoned women. The structured, comprehensive curriculum is based on a system of fundamental, universal truths that can be applied to everyday living to promote growth, transformation and success.

The program consists of twenty-four live video lessons, a workbook and activities designed to support well-being and whole health. The unique framework helps mature women integrate spiritual principles with lifestyle goals so they can live the life of their dreams.



Drink your way to better health by replacing soda and other sugary drinks with these flavorful, easy-to-make recipes. T. K.'s book, *Sip the Garden: Fun, Easy Drinks for a Healthier Family*, offers families one manageable lifestyle change that will improve overall health and well-being.

T. K.'s life dramatically changed after she was diagnosed with multiple food allergies. Determined to use this information to her advantage, she was successful in reversing several health challenges through dietary modifications and lifestyle interventions. As a certified holistic health coach, she is passionate about sharing the recipes that changed her life.

Sip the Garden: Fun, Easy Drinks for a Healthier Family is available on Amazon.com.