



## **Lifestyle 120®'s New Program Shows Boomer Women the Secrets to De-Stress and Recharge Their Lives (Even During a Pandemic)**

FOR IMMEDIATE RELEASE (Chicago, IL) Lifestyle 120® is proud to announce the release of its premier online transformational program designed specifically for discerning, seasoned women over 55. Founder and Inspired Aging™ motivational speaker T. Kari (TK) Mitchell's Sprout Your Life™ program gives senior women the confidence and tools to tackle their next chapter with grace and grit, and ultimately, make meaningful changes to their lives.

According to the University of Michigan Poll on Healthy Aging, pandemic life for older Americans has doubled their rate of loneliness (to 56 percent) from just two years ago. For mature women, Mitchell says not having those priceless connections is a lifeline lost, and a burden on overall motivation. Sprout Your Life™ faces the emotional toll for women head on, diving deep into improving health, relationships, wellness, and the ability to make meaningful connections and find purpose in a supportive community.

"The pandemic has significantly altered our lives, and it is up to us to invent creative ways to produce light during these unprecedented times," Mitchell says. "Even when our lives appear bleak and bland, we have the power to make the positive changes that will promote satisfaction and well-being."

The Sprout Your Life™ program's holistic approach includes: Empowering videos and newsletters delivered bi-weekly, an inspired workbook with action steps to stay on track, and an exclusive Facebook group for consistent engagement and support.

Lifestyle 120®, a holistic wellness business, along with the Sprout Your New Life™ program, offer comprehensive, spiritually-based empowerment programming, including 1:1 individualized coaching, to help women overcome challenges around achieving health and happiness so they can flourish during their second act.

**For bookings, media kit, and more information on Lifestyle 120® and Sprout Your New Life™, connect with TK at [tk@lifestyle120.com](mailto:tk@lifestyle120.com) or visit [lifestyle120.com](https://lifestyle120.com).**