



IF I COULD TURN BACK THYME

De-Aging With Plants





PROGRAM OVERVIEW

"If I Could Turn Back Thyme" is an immersive and rejuvenating plant-powered aging experience that will enhance the quality of life for older adults. This program is thoughtfully crafted to leverage the benefits of plant-based nutrition, promote vitality, and embrace the journey of aging with renewed energy and well-being.

This program is designed to take place in five sessions. In addition, it can be offered as individual sessions. Here's what's included:

Week 1: Seeds of Change

- **Introduction to Plant-Powered Living:** Understanding the impact of plant-based nutrition on overall health.
- **Nutrition Workshop:** Exploring the importance of incorporating seeds, nuts, and grains for vitality.
- **Cooking Class:** Hands-on preparation of delicious and nutritious plant-based meals.

Week 2: Rooted Wellness

- **Mindful Eating Practices:** Cultivating awareness around mealtime for improved digestion and enjoyment.
- **Root Vegetables Spotlight:** Learning about the nutritional richness of root vegetables for sustained energy.
- **Cooking Class:** Crafting flavorful dishes that are centered around nourishing root vegetables.

Week 3: Green Revitalization

- **The Power of Leafy Greens:** Delving into the health benefits of greens for cognitive function and vitality.
- **Superfood Showcase:** Exploring nutrient-dense superfoods to support anti-aging.
- **Cooking Class:** Creating vibrant and nutrient-packed green meals.





Week 4: Blossoming Mind and Body

- **Herbal Infusions and Teas:** Incorporating plant-based beverages for relaxation and well-being.
- **Movement and Exercise:** Gentle exercises and practices that are tailored for aging bodies.
- **Cooking Class:** Integrating herbs and teas into meals for a holistic approach to health.

Week 5: Harvesting Joyful Aging

Stress-Management Techniques: Embracing mindfulness and stress-reduction strategies.

Community Building: Fostering connections among participants for shared support and encouragement.

Culminating Event: A celebratory gathering that features a plant-powered feast, which will be prepared during the program.



We also designed an introduction session for this series. In this special sneak-peek session, we invite you to get a taste of the transformative journey that awaits you in our full program.



"Thyme Tasters" is designed to introduce you to the principles of plant-powered aging and give you a glimpse into the vitality and joy that can be achieved through this unique approach.

Ready to enrich the lives of your vibrant community of older adults?

Let's cultivate a thriving community together, because a healthier, more connected future starts by adding more plants. We'll sow the seeds of positive change within your community.

For more information or to book an **If I Could Turn Back Thyme** Workshop, contact us today.

