



Anything in Life is Possible and YOU Can Make it Happen!

An Evening with Elaine LaLanne

Tuesday, October 22

Meet and Greet 6 p.m., Presentation 7 p.m.

Suggested donation \$5 - \$25, no one turned away for lack of funds

Denny Gold, Fitness Consultant for Redwood Coast Medical Services (RCMS), has arranged for fitness advocate Elaine LaLanne visit the Gualala Arts Center for a lecture about her life with her husband Jack LaLanne, her television and writing career, and her lifelong devotion to fitness and health.

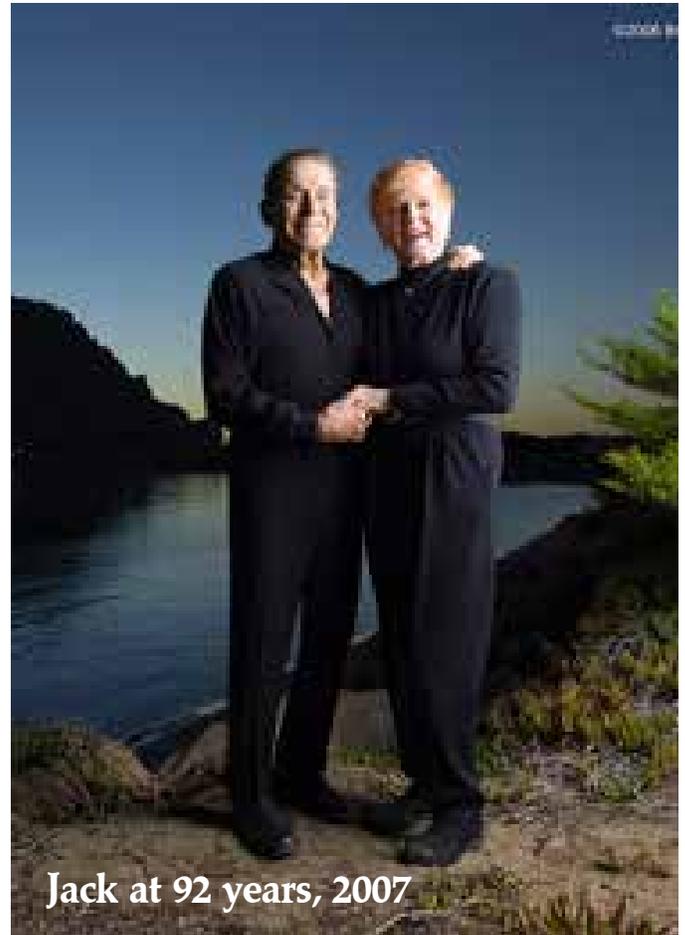
Now in her late 80's, Elaine looks decades younger and credits her appearance and vitality to nutrition, exercise and a healthy lifestyle. Join Denny and Elaine for an entertaining and informative evening that will include an hour long meet and greet followed by Elaine's lecture and concluding with a question and answer session with the audience.



1950s



1980s



Jack at 92 years, 2007