



Mary Debono

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Mary Debono is a movement and wellness expert. A Certified *Feldenkrais*® Practitioner for more than 20 years, she has helped thousands of individuals improve their vitality, flexibility and mobility, while strengthening the human-animal bond. Mary is the author of the Amazon #1 bestseller, *Grow Young with Your Dog*, which won **Best Health Book** in the 2015 San Diego Book Awards. Mary travels internationally to teach people how to create life-long wellness for themselves and their animals.

Presentation: *Grow Young with Your Dog* Learn How You and Your Dog Can Feel Better at Any Age!

People often dread getting older because they fear losing mobility and getting more aches and pains. But decline is not inevitable! In fact, aging can be an opportunity to learn how to move with more awareness, pleasure and freedom than you've ever had.

Mary will inspire the audience with stories of humans and dogs who recovered their mobility against great odds. Instead of continuing to decline into old age, these humans and canines "**grew younger.**" Mary will share the practical tips she used to help these individuals regain strength and vitality.

Mary will teach simple awareness exercises that can:

- Reduce stiffness and improve flexibility
- Eliminate stress and promote well-being
- Create neural connections that rewire the brain
- Deepen the human-animal bond

Please leave your dog at home for this event.

Let's
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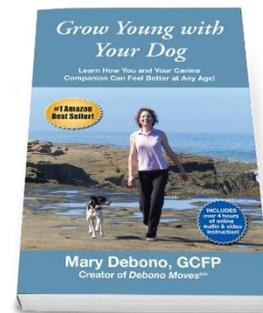
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Author of the award-winning, Amazon #1 bestseller:



Praise for Mary...

"Mary combines an amazing knowledge of anatomy, movement, structure, behavior combined with love, empathy and observation. Best of all she is articulate and a good communicator. It will forever change how you interact with your dog and all animals, including humans!"

– **Tina Steward, DVM, Veterinarian**

"Mary Debono brings such integrity, passion, and skill to her work with animals and people. She has an exquisite understanding of energy and movement. I have thoroughly enjoyed working with such a skilled teacher and healer."

– **Sharon B. Franklin, DVM, Veterinarian**

