



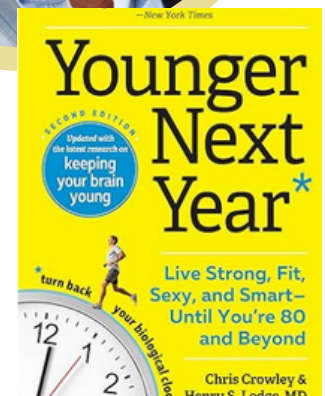
THE JOSEPH GROUP  
CAPITAL MANAGEMENT




# Chris Crowley at 90

Join us by Zoom for a conversation with Chris Crowley, the author of *Younger Next Year* – the New York Times bestseller that shares the simple steps to greater physical and mental fitness, energy, and longevity.

Now 90, Chris lives a remarkable life of skiing, travel, writing, and speaking. Chris will share the best fitness tips that has kept him young and fit at 90 – tips that we all can implement into our busy lives.

**This is one you won't want to miss – so join us and invite a friend to jump on this Zoom with you!**



-  **Thursday, March 6**
-  **5PM**
-  **Online via Zoom**  
*RSVP to receive the meeting link*

**RSVP at [josephgroup.com/events](https://josephgroup.com/events)  
or email [michelle.obrien@josephgroup.com](mailto:michelle.obrien@josephgroup.com)**