

CherryHillPatch

Words of Wellness at Spring Hills Cherry Hill for Active Adults 50 and Beyond

Posted by [Liz Matt](#) December 5, 2012



Dr. Michael Madorno, Chiropractor, with Bonnie Joffe, President of "50andBeyond.com" and Nicole Coleman, Marketing at Spring Hills Cherry Hill Luxury Assisted Living.

Words of wellness and a holistic approach to personal health framed the presentation of **Marlton chiropractor Dr. Michael Madorno, D C** in a seminar offered free to the community at **Spring Hills Cherry Hill Luxury Assisted Living** on Tuesday evening, December 5th.

The presentation represents a new partnership between **Spring Hills Cherry Hill Assisted Living** and **"50andBeyond.com"** --- a local web resource directed at the "baby boom" generation and founded by Cherry Hill resident **Bonnie Joffe**.

Dr. Madorno highlighted **five ways to health for active adults** and elaborated on a holistic approach to lasting wellbeing, including

- **Exercise**
- **Nutrition**
- **Sleep and Posture**
- **Positive Mental Attitude**
- **Stress Reduction & Spinal Health**

More free "50andBeyond.com" presentations will be scheduled in the coming months at Spring Hills Cherry Hill Luxury Assisted Living. For more information on upcoming programs, please contact Nicole Coleman at Spring Hills Cherry Hill: 856-298-1407 856-298-1407 .

Dr. Michael Madorno's practice, Madorno Chiropractic, is located nearby at 9002-B Lincoln Drive West, Marlton. 856-985-3336 856-985-3336

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