

# Activating Your Anti-Aging Body

Part 3

## Immune System

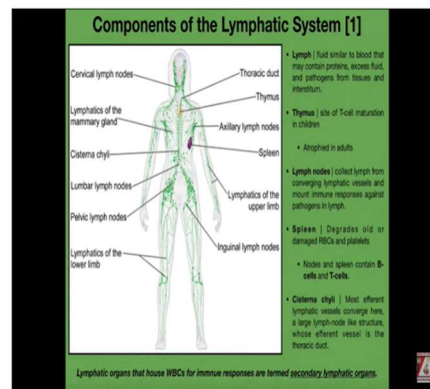
Learn How to Build a Better One

Wednesday March 20 5:30 – 7 pm

Taos Food Coop

314 Paseo del Pueblo Norte

### How the Lymph System Works



Muscle has to Squeeze the Lymph, not stretch it, to Move it up and Out.

**MALT – Mucosal Associate Lymphatic Tissue**

**BALT - protect the bronchial regions of the lower respiratory tract**

**GALT - cells defend the lining of the gut**

**NALT - cells protect the nasopharynx and upper respiratory tract.**

You can create a Happier, Healthier, Stronger and Longer Lasting Body. Come Learn How.

Join Richard Leirer, Master Tai Chi / Qigong Instructor trained in China, with over 52 yrs experience, in this informative discussion on anti-aging and health maintenance for your body. Richard created programs for surgery rehabilitation at the World-Famous Cleveland Clinic. <https://richardleirer.org/>