



Longevity Lifestyle Matters

Six Steps to Certification

Certification may be accomplished using paperbacks and other materials, some of which may be provided electronically.

- Step 1 Complete and sign the application form, then scan and email to Dr. Taylor at thebrain@arlenetaylor.org or mail paper copy to P O Box 2554, Napa, CA, 94558-0255 USA.
- Step 2 Purchase the LLM Certified Facilitator packet (or have it purchased for you) that includes the Facilitator Certification fee and access to the LLM Program materials (\$389.97 US). You will receive the 122 open-book questions by email along with a Verification Form.
- Step 3 Read the *LLM Textbook* and the *Companion Notebook*, listen to the Audiobook, and complete the 122 open-book questions (you may want to answer them as you are reading the books).
- Step 4 Email the completed 122 questions and the signed *Verification Form* or mail paper copies to Dr. Taylor, who will review the 122 answers and notify you of a pass or fail score.
- Step 5 Upon notification of a pass score, you will receive a *Facilitator Agreement* form. Sign and return to Dr. Taylor.
- Step 6 When the signed *Facilitator Agreement* is received, a LLM certificate and the CF ID# number are sent to you via email.

Keep your number in a safe place. It is required to order supplies and to access the LLM CF section on the website. Activation and ongoing use of your LLM CF ID# is based on completing the requirements and complying with Facilitator Agreement.