



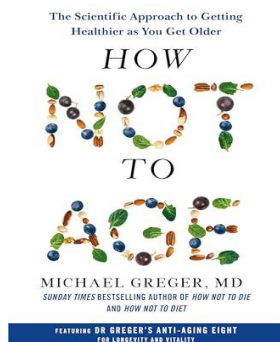
BTTI June 2024 Webinar

Aging Well ... An inside-out Job!

Eoin MacCuirc

Join Zoom Meeting: <https://us02web.zoom.us/j/4938094936>

Sunday 23rd June & 15th September 2024



10am

Free to BTTI members

Cost €10.00/£10.00 Non-members

with access to Resources and PowerPoint Presentation

We all would like to have a healthy aging – in fact the new buzzword in the wellness world is ‘longevity’ and it is a trend hard to argue with!

Aging is not a disease ...but as our body changes, we can become more vulnerable and If you have a family health history of a chronic disease like cancer, heart disease, diabetes, or osteoporosis. Are you more likely to get that disease yourself?

Predisposed to inherited health conditions of our family, ancestry and ethnicity alone do not determine if we have health challenges!

In this 2-part webinar Eoin will cover the main illnesses that face many as they age, the effect on the body and complications that are related, covering a scientific approach to getting healthier as we age and small steps we can take to live remarkably well!

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