



BTTI Webinar

Aging Well ... An inside-out Job!

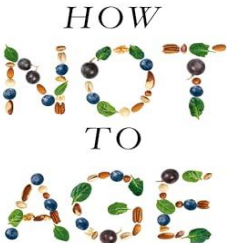
Join Zoom Meeting: Free

<https://us02web.zoom.us/j/4938094936>

15th September 2024 (Part 2)

10am

The Scientific Approach to Getting Healthier as You Get Older



MICHAEL GREGER, MD
SUNDAY TIMES BESTSELLING AUTHOR OF HOW NOT TO DIE
AND HOW NOT TO DIET

FEATURING DR GREGER'S ANTI-AGING EIGHT
FOR LONGEVITY AND VITALITY

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 - it can be a bit scary! Predisposed to inherited health conditions of our family, ancestry and ethnicity alone do not determine if we have health challenges, aging well is a choice as there are many things you can do to improve your health as you age.

In this 2nd-part of the series Eoin will cover the latest research that may help the challenges many of us face as we age, We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or better sleep - Ronan will be covering tools to help you stick to them without feeling overwhelmed.

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