



ASPIRES LONGEVITY

MAY 5, 2023



10:00AM - 11:15AM EDT | 7:00AM - 8:15AM PDT | 9:00AM - 10:15AM CDT



Presenter
Alexis Perkins

Lifestyle

Aging Wellness: How to Cater Your Class to the Fastest Growing Population

Session # 2000



Presenter
Leslee Bender

Sponsored by:



Functional Fitness

The Ageless Body

Session # 2001



Presenter
Samantha Montpetit-Huynh

Medical Fitness

Menopause, Hormones and Fitness

Session # 2002



11:30AM - 1:00PM EDT | 8:30AM - 10:00AM PDT | 10:30AM - 12:00PM CDT



Presenter
Colin Milner

General Session

The Healthy Aging Revolution and How It Will Impact You!
with Colin Milner CEO & Founder of International Council on Active Aging (ICAA)

Session #2003



1:30PM - 2:45PM EDT | 10:30AM - 11:45AM PDT | 12:30PM - 1:45PM CDT



Presenter
Mo Hagan

Lifestyle

AGING Gratefully

Session # 2004



Presenter
Jill Hewlett

Functional Fitness

**BRAIN FITNESS:
Use it, don't lose it!**

Session # 2005



Presenter
Robert Linkul

Medical Fitness

Five Training Strategies for Older Adults to Overcome Sarcopenia

Session # 2006



3:00PM - 4:15PM EDT | 12:00PM - 1:15PM - PDT | 2:00PM - 3:15PM CDT

Facilitated by:



Mo Hagan



Funk Roberts



Samantha Montpetit-Huynh



Robert Linkul



Dr. Jennifer Tang

General Session

Longevity: Ask The Experts

Session #2007