HEALTHY AGING
Evidence-Based Lifestyle Interventions

January 22, 2019
2401 SW Archer Road, Gainesville, FL
6-7 p.m. EST

THIS INTERACTIVE TOWN HALL WILL:

• Describe current research on exercise and nutritional interventions for healthy aging
• Evaluate the potential for intermittent fasting, "keto" diets, and physical activity to optimize well-being and longevity.
• Discuss ways to enhance motivation in order to reach long-term health goals

Join the conversation
#OCOH

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