

HEALTH EMPOWERMENT SERIES II: AGING ON *YOUR* TERMS

HOW TO TAKE CARE OF
YOURSELF SO OTHERS WON'T
NEED TO

Featuring a panel of local practitioners who are leading voices in the field of metabolic health. These experts will share information & answer your questions. Our goal is to help you to become the healthiest version of yourself so you can achieve not just a long life, but a vital one.

~We are not about "one-size-fits-all solutions."

~We don't have any products to sell you.

~Speakers are donating their time and expertise.

Speaker topics:

- *Metabolic Health 101: How to Live Long and Strong*
- *Lowering Inflammation & Improving Brain Health with Nutrition*
- *Mindset & Movement*
- *Brain Health as We Age; Getting to the Heart of the Matter*
- *The Importance of Sleep & Stress Management*
- *Tips & Tricks for Hacking Your Metabolism*
- *How to Stay Out of the Nursing Home...Forever!*



SATURDAY FEBRUARY 1, 2025



8:30 AM - 4:00 PM



FIRST BAPTIST CHURCH, SUN CITY WEST
17419 N CONQUISTADOR DR, SUN CITY WEST,
AZ 85375



FIND US ON EVENTBRITE:
[HTTPS://AGINGONYOURTERMS.
EVENTBRITE.COM](https://agingonyourterms.eventbrite.com)

*Space is limited! In person ticket price includes a healthy boxed lunch provided by Clean Eatz Scottsdale.



**Dr. Vincent (Ben)
Bocchicchio**

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