



## **HEALTHSPAN 101:** **EDUCATOR VERSION**

### **What to Expect**

Healthspan is the period of time throughout your lifespan that you are in generally good health. In your lifespan, up to the last 10 years of life may be marginalized by significant health and fitness issues.

Participants will:

- \* explore research on healthy living,
- \* improve the quality of life as you age,
- \* focus on nutrition/fitness, &
- \* develop your own *Centenarian Bucket List*.

This workshop is based on the works of Peter Attia, Don Layman, Beth Lewis, and others.

**Healthspan 101  
for Educators**

**Science and the  
Art of Longevity**

**Begin a Longevity  
Focused Lifestyle  
through Research  
Based Nutrition  
and Exercise**

**Healthy Living.  
Healthy Life.  
Presenter:  
Dr. Diane Cepela**

**Part 1: January 30  
Part 2: February 26**

**Times: 9:00-12:00**

**Location:  
Center for Innovation of  
Yorkville  
604 Center Parkway  
Yorkville, 60560**

**Coffee Service & Lunch Provided**

Register for 1/30/25  
Cost: \$75



Register for 2/26/25  
Cost: \$75

