

Join us for our

Healthy Aging Workshop Series

with Dr. Elena Christofides
Saturdays 11 am - 12:30 pm Cost: \$30 each



3/28: Your Changing Body: Metabolism & Hormones

How to work with your body instead of fighting it

- why metabolism slows and what actually helps
- hormonal shifts that affect weight, mood, sleep and energy
- the physiology of vitality and sexuality

4/11: Train Smarter: Strength, Longevity, Recovery

Protect your body, build resilience, remain active long term

- lifespan vs healthspan – what are you training for?
- what exercises matter most for the long haul
- navigating the wild world of recovery tools & peptides

5/16: Gut Health: Why it Matters

How to restore and support your microbiome

- what do we actually mean by “gut health”
- common signs it may be out of balance
- practical steps to get your gut health back on track

