

Eudēmonia Summit 2026 — Agenda

Thu Nov 5 – Sun Nov 8, 2026 · West Palm Beach, FL · List view

Talk Fitness & Training Meditation & Breathwork Culinary Workshop Other

Thursday, November 5, 2026

17 sessions

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
8:00 AM 9:00 AM	HIL: State of the Union Jessica Shepherd	B2B: Health Innovation Lab	Talk	Coral ABC	300	
8:00 AM 10:00 AM	ACE: Breakfast + Thrivearium Open	B2B: Applied Clinical Education	Other	Oceana A	400	
8:00 AM 7:30 PM	ACE: Thrivearium	B2B: Applied Clinical Education	Other	Coral DE	400	
9:30 AM 11:00 AM	The Class Taryn Toomey, Caleb Spaulding	Movement, Muscle & Body	Fitness & Training	2DEF	125	
10:00 AM 10:45 AM	ACE: Opening Keynote	B2B: Applied Clinical Education	Talk	Oceana A	400	
10:45 AM 11:30 AM	ACE: You Are an Ecosystem: Optimizing Your Biome-Age Through Terrain Biology Kiran Krishnan	B2B: Applied Clinical Education	Talk	Oceana A	400	
11:30 AM 12:15 PM	ACE: Building the Vascular Phenotype of the World's Longest-Lived Patients Sanjay Bhojraj	B2B: Applied Clinical Education	Talk	Oceana A	400	
12:15 PM 1:00 PM	ACE: Ahead of the Algorithm: Building the AI-Enhanced Practice Hellen Messier, Sunita Mohanty, Alexis Gonzales	B2B: Applied Clinical Education	Talk	Oceana A	400	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
1:00 PM 2:00 PM	HIL: The Future of Lifestyle Brands Frank Britt, Harvey Spevak	B2B: Health Innovation Lab	Talk	1L	100	
1:00 PM 2:00 PM	ACE: Sponsored Lunch & Learn - Beyond Detox: Building the Capacity to Drain, Bind, and Energize Holly Lucille	B2B: Applied Clinical Education	Talk	Oceana A	400	
2:00 PM 3:00 PM	The Hall of Fame Playbook: 23 Years of Elite Performance and the Science Behind It Tom Brady	Longevity & Healthy Aging	Talk	Grand Ballroom	1141	Aescape
3:00 PM 3:45 PM	ACE: It Starts with the Cell Membrane: The New Frontier in Longevity and Peak Performance Kristine Profeta	B2B: Applied Clinical Education	Talk	Oceana A	400	
3:30 PM 4:30 PM	HIL: Bridging AI & Trust in Longevity Darshan Shah, Stacy Sims	B2B: Health Innovation Lab	Talk	Coral ABC	300	
3:45 PM 4:30 PM	ACE: The Body Composition Shift: Reducing Fat Mass While Preserving Muscle With A Natural GLP-1 Activator Myles Spar, Monique Class	B2B: Applied Clinical Education	Talk	Oceana A	400	
5:30 PM 6:15 PM	ACE: Synchronizing the Endocrine Clock: A Genomic Framework for Biorhythmic HRT Christopher Shade	B2B: Applied Clinical Education	Talk	Oceana A	400	
6:15 PM 7:00 PM	ACE: The Mother of Longevity Medicine: Carrying Healthspan Across Generations Michelle Leary, Monique Class, Alexis Gonzales, Emily Rydbom	B2B: Applied Clinical Education	Talk	Oceana A	400	
7:00 PM 9:30 PM	Welcome Toga Party	Meaning, Connection, & Purpose	Other	Event Lawn	400	

Friday, November 6, 2026

77 sessions

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
7:30 AM 9:00 AM	DAYBREAKER: Wake Up & Dance Eli Clark-Davis, Nick Brewer, Radha Agrawal	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	2200	
8:00 AM 9:00 AM	ACE: Precision Intelligence: Harnessing AI and Trained Immunity for Peak Performance Ryan Lazarus, Natalia Lazarus, Jocelyn Strand	B2B: Applied Clinical Education	Talk	Coral DE	220	
9:30 AM 10:30 AM	The Class Aimee Cox	Movement, Muscle & Body	Fitness & Training	Event Lawn	40	
9:30 AM 10:15 AM	Full Spectrum Fitness Gina Caputo	Movement, Muscle & Body	Talk	Gym B	60	
9:30 AM 10:30 AM	Kettlebell Flow: Strength in Motion Alex Silver-Fagan	Movement, Muscle & Body	Fitness & Training	2DEF	125	
9:30 AM 10:30 AM	Rebound: Strength + Stability Rachel Droege	Movement, Muscle & Body	Fitness & Training	Front Lawn	30	Jumpsport
9:30 AM 10:30 AM	Biohack THIS: Myths vs. Facts for REAL biohacking Layne Norton	Longevity & Healthy Aging	Talk	Grand Ballroom	1141	
9:30 AM 10:30 AM	Your New Health OS: Using AI to Live Longer, Healthier, and Smarter Darshan Shah	Regenerative & Precision Medicine	Talk	Oceana A	400	
9:30 AM 10:30 AM	Play and Workout with the Starretts Kelly & Juliet Starrett	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	350	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
9:30 AM 10:30 AM	The Gut’s Biggest Turning Points: From Birth to Menopause Emeran Mayer, Elisa Song, Anna Cabeca, Cheryl Sew Hoy	Hormones, Sex & Reproductive Health	Talk	1F	150	
9:30 AM 10:30 AM	The Eye-Brain Connection: The Most Overlooked Upgrade in Modern Performance Bryce Appelbaum	Brain, Mind & Mental Health	Talk	1E	100	
9:30 AM 10:30 AM	Empowering Neurologist Podcast David Perlmutter feat. Nick Norwitz David Perlmutter, Nick Norwitz	Brain, Mind & Mental Health	Talk	1L	150	
9:30 AM 10:30 AM	Skeletal Longevity: The Unsung Hero of Healthspan Vonda Wright	Longevity & Healthy Aging	Talk	Oceana B	400	
9:30 AM 10:30 AM	HIL: Founder Showcase	B2B: Health Innovation Lab	Talk	Coral ABC	300	
9:30 AM 10:30 AM	Yoga for Midlife: The OG Longevity Hack Ashley Turner	Movement, Muscle & Body	Fitness & Training	2ABC	125	
9:30 AM 10:30 AM	Grass-Fed Shark: Putting Viral Wellness Trends on Trial Robin Berzin, Jeff Krasno	Longevity & Healthy Aging	Talk	Agora Stage	75	
9:30 AM 10:30 AM	The Daily Practice: Building a Life—and a Business—That Supports Well-Being Kat Cole, Rich Roll	Environment, Tech & Society	Talk	Coral DE	220	
10:15 AM 11:00 AM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
10:30 AM 11:00 AM	The Liver: A Biohacker’s Favorite Organ Siggi Clavien	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	The Liver Clinic
10:45 AM 11:15 AM	Book Signing: Darshan Shah Darshan Shah	Longevity & Healthy Aging	Other	Bibliotech	30	
11:00 AM 12:00 PM	Primal Moves Nick Brewer	Movement, Muscle & Body	Fitness & Training	2DEF	125	
11:00 AM 12:00 PM	The Science of Play: Unlocking Human Potential Mia Sundstrom	Meaning, Connection, & Purpose	Talk	1E	100	
11:00 AM 12:00 PM	Rebound: Strength + Stability Rachel Droege	Movement, Muscle & Body	Fitness & Training	Front Lawn	30	Jumpsport
11:00 AM 12:00 PM	Heathspan for Active Women: Rhetoric or Action? Stacy Sims	Longevity & Healthy Aging	Talk	Oceana A	400	
11:00 AM 12:00 PM	The Skeptic’s Corner: Psychedelics as Panacea? Rachel Yehuda, Drew Ramsey, Baya Voce, Robin Carhart-Harris	Brain, Mind & Mental Health	Talk	Coral ABC	300	
11:00 AM 12:00 PM	Age Strong: The New Playbook for Strength, Function & Longevity Jeremy London, Helen Blau, Louisa Nicola, Matt Kaeberlein, Vonda Wright	Longevity & Healthy Aging	Talk	Grand Ballroom	1141	
11:00 AM 12:00 PM	HIIT like a Fighter Phil Daru	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	350	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:00 AM 12:00 PM	The Stimulated Mind: How to Future-Proof Your Brain at Any Age Tommy Wood	Brain, Mind & Mental Health	Talk	Oceana B	400	
11:00 AM 12:00 PM	The Proof Podcast Simon Hill feat. Guest Will Bulsiewicz Simon Hill, William Bulsiewicz	Gut, Immunity & Nutrition	Talk	1L	150	
11:00 AM 11:45 AM	Athletic Strength Jacy Cunningham	Movement, Muscle & Body	Fitness & Training	Gym B	40	
11:00 AM 12:00 PM	Peptides & Protocols: The Curious Optimizers Meetup Rob Corso	Longevity & Healthy Aging	Talk	Agora Stage	100	
11:00 AM 12:00 PM	Innerflow Breathwork Vince Dickson	Movement, Muscle & Body	Meditation & Breathwork	2ABC	125	
11:00 AM 11:45 AM	Rethinking Where Metabolic Care Begins: A Gut-Local Approach at the Meal Sanjay Bhojraj	Gut, Immunity & Nutrition	Culinary Workshop	Epicurean Stage by Caraway	100	Sigrid Therapeutics
11:00 AM 12:00 PM	Repair the Signal: Detoxification as the Missing Link in Hormone, Peptide, and Regenerative Therapies Christopher Shade	Longevity & Healthy Aging	Talk	1F	150	
11:00 AM 12:00 PM	Rhythm & Rope Flow Nsiman Inyang	Movement, Muscle & Body	Fitness & Training	Event Lawn	40	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:00 AM 12:00 PM	Is That Actually True? A High Yield Guide on Navigating Wellness Claims in the Age of Algorithms Morgan McSweeney	Environment, Tech & Society	Talk	Coral DE	220	
11:30 AM 12:00 PM	The Renaissance of Therapeutic Plasma Exchange Brad Younggren	Longevity & Healthy Aging	Talk	Palm Beaches Stage	100	Circulate Health
11:45 AM 12:15 PM	Book Signing: Elisa Song Elisa Song	Gut, Immunity & Nutrition	Other	Bibliotech	30	
11:45 AM 12:30 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
12:00 PM 12:45 PM	Longevity Starts in the Kitchen Johanna Hellrigl, William Li	Gut, Immunity & Nutrition	Culinary Workshop	Epicurean Stage by Caraway	100	
12:00 PM 12:30 PM	Stelo and the Future of Metabolic Health: Connecting Glucose Insights to Heart Health and Longevity Christine Pospisil, Elizabeth Epstein	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	
12:15 PM 12:45 PM	Book Signing: David Perlmutter David Perlmutter	Brain, Mind & Mental Health	Other	Bibliotech	30	
12:30 PM 1:30 PM	Breathwork for Heroes & Heroines Chris Keener	Movement, Muscle & Body	Meditation & Breathwork	Event Lawn	50	
12:30 PM 1:30 PM	The Mouth–Body Connection: Oral Health and Chronic Disease Staci Whitman, Ilon Choai, Jeffrey Bland	Gut, Immunity & Nutrition	Talk	Oceana A	400	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
12:30 PM 1:00 PM	Longevity Medicine Starts With Glutathione Nayan Patel	Longevity & Healthy Aging	Talk	Palm Beaches Stage	100	
12:30 PM 1:30 PM	The Future of Health Tech Is Personal: AI, Data & Living Medicine Naveen Jain, Nabiha Saklayen, Darshan Shah, Sohaib Imtiaz	Regenerative & Precision Medicine	Talk	Grand Ballroom	1141	
12:30 PM 1:30 PM	Flourishing in Midlife & Beyond Chip Conley	Meaning, Connection, & Purpose	Talk	Coral ABC	300	
12:30 PM 1:30 PM	Awaken Body Intelligence: The LoRox Method Lauren "Lo" Roxburgh	Movement, Muscle & Body	Fitness & Training	2ABC	125	
12:30 PM 1:30 PM	Self-Hypnosis Workshop: Practical Tools for Managing Stress, Sleep, Pain & More David Spiegel	Brain, Mind & Mental Health	Meditation & Breathwork	1F	150	
12:30 PM 1:30 PM	Touring Protocols: From Soundcheck to Self-Care SOFI TUKKER, Taryn Toomey	Environment, Tech & Society	Talk	Agora Stage	75	
12:30 PM 1:30 PM	More Than Hormones: Building Emotional Resilience in Midlife Jessica Shepherd	Hormones, Sex & Reproductive Health	Talk	Oceana B	400	
12:30 PM 1:30 PM	Commune Podcast The Comfort Crisis: A Conversation with Michael Easter Jeff Krasno, Michael Easter	Sleep, Stress & Recovery	Talk	1L	150	
12:30 PM 1:30 PM	The Missing Pillar of Longevity: A Pelvic Floor Fitness Practice Kim Vopni	Movement, Muscle & Body	Talk	2DEF	125	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
12:30 PM 1:30 PM	Circadian Shifts for Optimal Energy Kristen Holmes, David Benavides, Tommy Wood, Wendy Troxel	Sleep, Stress & Recovery	Talk	Coral DE	220	
12:30 PM 1:30 PM	GLP-1s and the New Science of Breast Cancer Prevention Elizabeth McDonald	Longevity & Healthy Aging	Talk	1E	100	
12:45 PM 1:15 PM	Book Signing: Drew Ramsey Drew Ramsey	Gut, Immunity & Nutrition	Other	Bibliotech	30	
1:15 PM 2:00 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
1:15 PM 1:45 PM	Book Signing: Siggie Clavien Siggie Clavien	Gut, Immunity & Nutrition	Other	Bibliotech	30	
1:30 PM 2:00 PM	The Science of Looking Younger and Aging Better Carolina Reis Oliveira	Longevity & Healthy Aging	Talk	Palm Beaches Stage	100	
1:45 PM 2:15 PM	Book Signing: Staci Whitman Staci Whitman	Gut, Immunity & Nutrition	Other	Bibliotech	30	
2:00 PM 3:00 PM	The Healing Powers of Algae and the Mitochondria Catharine Arnston	Gut, Immunity & Nutrition	Talk	1F	150	
2:00 PM 3:00 PM	The Skeptic's Corner: Mind Over Medicine? What the Mind Can—and Cannot—Do for the Body Peter Crone, David Spiegel, Darshan Shah	Meaning, Connection, & Purpose	Talk	Coral ABC	300	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
2:00 PM 3:00 PM	Sonic Reset Joel Shearer	Sleep, Stress & Recovery	Meditation & Breathwork	Event Lawn	40	
2:00 PM 3:00 PM	DATA > feelings: Why Science Doesn't Care About Your Brand Layne Norton	Longevity & Healthy Aging	Talk	Oceana B	—	
2:00 PM 3:00 PM	The Face HIIT® Natural Facelift Sadie Nardini	Movement, Muscle & Body	Fitness & Training	2DEF	125	
2:00 PM 3:00 PM	The Most Important Skill You'll Ever Learn: How to Make (and Keep) a Friend Radha Agrawal	Meaning, Connection, & Purpose	Talk	Agora Stage	75	
2:00 PM 3:00 PM	Dear Gabby Podcast Gabrielle Bernstein feat. guest Juliana Hauser Gabrielle Bernstein, Juliana Hauser	Hormones, Sex & Reproductive Health	Talk	1L	150	
2:00 PM 3:00 PM	Regenerative Health: Stem Cells, Peptides & Lifelong Repair Christian Drapeau, Helen Blau, Nabiha Saklayen, Kathleen O'Neil Smith, Ruben Kalra	Regenerative & Precision Medicine	Talk	Coral DE	220	
2:00 PM 2:30 PM	Decoding Brain Longevity: What Your Gut Microbiome Knows About Neurodegenerative Risk Uma Naidoo, Leo Grady	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	
2:00 PM 3:00 PM	Grief: What It Asks and What It Offers Melissa Red Hoffman	Meaning, Connection, & Purpose	Talk	1E	100	
2:00 PM 3:00 PM	Contrast Therapy with Ben Greenfield Ben Greenfield	Sleep, Stress & Recovery	Other	Contrast Therapy	40	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
2:00 PM 3:00 PM	Eat This, Take That: A No-Hype Guide to Food and Supplements Morgan McSweeney, Christina Economos, Matt Kaeberlein, Simon Hill, JJ Virgin	Gut, Immunity & Nutrition	Talk	Oceana A	400	
2:00 PM 3:00 PM	Premium Meet n Greet	—	Other	2ABC	125	
2:30 PM 3:00 PM	Measuring Resilience: Stress, Inflammaging and the Immune System Nikolina Lauc	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	GlycanAge
2:45 PM 3:30 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
2:45 PM 3:15 PM	Book Signing: Uma Naidoo Uma Naidoo	Gut, Immunity & Nutrition	Other	Bibliotech	30	
3:30 PM 5:00 PM	Surprise Special Guest	Longevity & Healthy Aging	Talk	Grand Ballroom	1141	

Saturday, November 7, 2026

87 sessions

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
8:00 AM 9:00 AM	How Psychedelics Work: Illuminating the Hidden Mind Robin Carhart-Harris	Brain, Mind & Mental Health	—	Coral DE	—	
8:00 AM 9:00 AM	A Fearless Heart: A Guided Meditation for Compassion and Connection Thupten Jinpa	Meaning, Connection, & Purpose	Meditation & Breathwork	2ABC	125	
8:00 AM 9:00 AM	Skipping: Not Just For Kids Stuart McMillan	Movement, Muscle & Body	Talk	Front Lawn	30	
8:00 AM 8:45 AM	HIL: OTF x HYROX Strength & Capacity	B2B: Health Innovation Lab	Fitness & Training	Gym A	60	
8:00 AM 9:00 AM	The Biology of Repair: A New Understand of Aging and Health Christian Drapeau	Longevity & Healthy Aging	Talk	Coral ABC	300	
8:00 AM 9:00 AM	The Class Taryn Toomey, Caleb Spaulding	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	2200	
8:00 AM 9:00 AM	Kettlebell Skills & Strength Alex Silver-Fagan	B2B: Health Innovation Lab	Fitness & Training	Event Lawn	40	
8:45 AM 9:30 AM	TRAIN HARD Parking Lot Workout (Free for first responders) Jason Khalipa	Movement, Muscle & Body	Fitness & Training	Gym B	40	
9:15 AM 9:45 AM	Book Signing: Christian Drapeau Christian Drapeau	Longevity & Healthy Aging	Other	Bibliotech	30	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
9:30 AM 10:30 AM	Pilates Energetics Loni Markman	Movement, Muscle & Body	Fitness & Training	2DEF	125	
9:30 AM 10:30 AM	Free Your Mind - Discover The World of Pure Possibility Peter Crone	Meaning, Connection, & Purpose	Talk	Oceana B	400	
9:30 AM 10:30 AM	The Ultimate Female Longevity Protocol: Hormones, Peptides, GLP-1s, What's Real, What's Myth, And What's Coming Next Robin Berzin	Hormones, Sex & Reproductive Health	Talk	Grand Ballroom	1141	
9:30 AM 10:30 AM	Stop Shuffling Through Life: Run and Sprint the Right Way Brad Kearns	Movement, Muscle & Body	Talk	Front Lawn	30	
9:30 AM 10:30 AM	Coffee, Conversation & Men’s Mental Health Julius Thomas	Brain, Mind & Mental Health	Talk	Epicurean Stage by Caraway	100	
9:30 AM 10:30 AM	The Longevity Blind Spot: Anti-Aging Dentistry That Makes You Feel Younger, Not Just Look It. Kelly Blodgett	Gut, Immunity & Nutrition	Talk	1E	100	
9:30 AM 10:30 AM	Immunity Starts in Your Microbiome Jeffrey Bland, Staci Whitman, Emeran Mayer, William Bulsiewicz, Elisa Song	Gut, Immunity & Nutrition	Talk	Oceana A	1141	
9:30 AM 10:30 AM	The Place Protocol: How Regenerative Placemaking Adds Years to Your Life & Life to Your Neighborhood. Tony Cho	Environment, Tech & Society	Talk	Agora Stage	75	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
9:30 AM 10:30 AM	Blisspoint Activation - Breath, Body and Sound Lisa de Narvaez	Movement, Muscle & Body	Meditation & Breathwork	2ABC	125	
9:30 AM 10:30 AM	The Body We Keep Trying To Outsmart What 25 Years of Watching Human Beings Move Has Taught Me About Health Tracy Anderson	Movement, Muscle & Body	Talk	Coral ABC	300	
9:30 AM 10:30 AM	Supercharge: Bodyweight Training with Don Saladino Don Saladino	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	2200	
9:30 AM 10:30 AM	Primal Moves Nick Brewer	Movement, Muscle & Body	Fitness & Training	Event Lawn	40	
9:30 AM 10:30 AM	Your Brain Has a Code Angie Noack, Rachel Lambert	Brain, Mind & Mental Health	Talk	1F	150	
9:30 AM 10:30 AM	A New Era of Psychedelic Therapy for Trauma Rachel Yehuda	Meaning, Connection, & Purpose	Talk	Coral DE	220	
10:00 AM 10:30 AM	Can We Teach Skin to Heal Younger? The Science of Exosomes Saranya Wyles	Regenerative & Precision Medicine	Talk	Palm Beaches Stage	100	
10:15 AM 11:00 AM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
10:45 AM 11:15 AM	Book Signing: Emeran Mayer Emeran Mayer	Brain, Mind & Mental Health	Other	Bibliotech	30	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:00 AM 12:00 PM	Regulate: The Yoga of Nervous System Resilience Janet Stone	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	2200	
11:00 AM 12:00 PM	Sensory Movement Josh Holland	Movement, Muscle & Body	Fitness & Training	Event Lawn	125	STEMREGEN
11:00 AM 12:00 PM	Longevity Science: Separating Fact from Fiction Matt Kaerberlein	Longevity & Healthy Aging	Talk	1E	100	
11:00 AM 12:00 PM	Do Hard Things: A Cold Plunge Experience with Devon Levesque Devon Levesque	Sleep, Stress & Recovery	Other	Contrast Therapy	40	
11:00 AM 12:00 PM	Move like an Athlete Phil Daru	Movement, Muscle & Body	Fitness & Training	2DEF	125	
11:00 AM 12:00 PM	Unoptimized: Making Sense of Data and Discomfort in the Pursuit of a Good Life Michael Easter, Kristen Holmes, Chip Conley	Environment, Tech & Society	Talk	Oceana B	220	
11:00 AM 12:00 PM	ACE: Prescribing for Function: The Precision Pharmacology Playbook for Peptides Monique Class, Michelle Leary, Sanjay Bhojraj, Valda Crowder	B2B: Applied Clinical Education	Talk	Coral DE	1141	
11:00 AM 12:00 PM	The Next Decade of Health Is Predictive Naveen Jain, Priyanka Jain	Regenerative & Precision Medicine	Talk	1F	150	
11:00 AM 12:00 PM	Beyond the Scale: How GLP-1s Are Rewriting Metabolic Medicine Elizabeth McDonald, David Perlmutter, Natalie Crawford, Ashley Koff	Longevity & Healthy Aging	Talk	Oceana A	400	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:00 AM 12:00 PM	Just Say Yes? Psychedelic-Assisted Therapy Meetup Clare Johnson	Brain, Mind & Mental Health	Talk	Agora Stage	100	
11:00 AM 12:00 PM	Superfood Science: from A(lgae) to Z(ucchini) William Li, Jeffrey Bland, Catharine Arnston	Gut, Immunity & Nutrition	Talk	Grand Ballroom	1141	
11:00 AM 12:00 PM	HIL: Athletes as Ambassadors Julius Thomas	B2B: Health Innovation Lab	Talk	Coral ABC	300	
11:00 AM 12:00 PM	Nervous System Reset - Discover Your Breath Aaron Alexander	Movement, Muscle & Body	Meditation & Breathwork	2ABC	125	
11:00 AM 12:00 PM	Commune Podcast Jeff Krasno feat. guest Dr. Noc Jeff Krasno, Morgan McSweeney	Environment, Tech & Society	Talk	1L	150	
11:00 AM 11:45 AM	Lift Off: Weights For Women Gina Caputo	Movement, Muscle & Body	Fitness & Training	Gym B	60	
11:00 AM 12:00 PM	Rebound : Strength + Stability Rachel Droege	Movement, Muscle & Body	Fitness & Training	Front Lawn	30	Jumpsport
11:15 AM 11:45 AM	Book Signing: Brad Kearns Brad Kearns	Movement, Muscle & Body	Other	Bibliotech	30	
11:30 AM 12:00 PM	Topical Longevity: A Multi-Hallmark Approach to Skin Aging Amitay Eshel, Anastasia Khodzhaeva	Longevity & Healthy Aging	Talk	Palm Beaches Stage	100	
11:45 AM 12:15 PM	Book Signing: Tony Cho Tony Cho	Environment, Tech & Society	Other	Bibliotech	30	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:45 AM 12:30 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
12:15 PM 12:45 PM	Book Signing: Kristin Holmes Kristen Holmes	Sleep, Stress & Recovery	Other	Bibliotech	30	
12:30 PM 1:30 PM	Rebound Sculpt : Stability Flow Rachel Droege	Movement, Muscle & Body	Fitness & Training	Front Lawn	30	Jumpsport
12:30 PM 1:30 PM	The Protocol Stress Test Gary Brecka, David Perlmutter	Longevity & Healthy Aging	Talk	Grand Ballroom	300	
12:30 PM 1:30 PM	The Face HIIT® Natural Necklift Sadie Nardini	Movement, Muscle & Body	Fitness & Training	Event Lawn	40	
12:30 PM 1:30 PM	The Men’s Vitality Reset: Sex, Strength, Hair & Health Rena Malik, Michael Easter, Saranya Wyles, Jeremy London, Kwadwo Kyeremanteng	Longevity & Healthy Aging	Talk	Coral ABC	400	
12:30 PM 1:30 PM	Cholesterol Crisis: What Medicine Gets Wrong About Heart Health Nick Norwitz	Heart & Metabolic Health	Talk	Coral DE	220	
12:30 PM 1:30 PM	Where the Head Meets the Heart: Music, Mental Health, and the Power of Connection The Head And The Heart, Chayim Newman	Meaning, Connection, & Purpose	Talk	Agora Stage	100	
12:30 PM 1:30 PM	The Skeptic's Corner: Peptides: Potential, Proof, and Proper Use Ben Greenfield, Matt Kaeberlein, Kathleen O'Neil Smith	Longevity & Healthy Aging	Talk	1L	300	
12:30 PM 1:30 PM	The Ovary Code: Take Control of Your Hormonal Health	Hormones, Sex & Reproductive Health	Talk	Oceana B	100	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
	Natalie Crawford					
12:30 PM 1:00 PM	What Your Metabolic Operating System Is Trying To Tell You Allie Egan	Heart & Metabolic Health	Talk	Palm Beaches Stage	100	
12:30 PM 1:30 PM	HIIT it Fast Jacy Cunningham	Movement, Muscle & Body	Fitness & Training	2DEF	40	
12:30 PM 1:30 PM	His, Her, or Our Sleep: Sleep Better. Love Better. Live Better. Wendy Troxel	Sleep, Stress & Recovery	Talk	1E	300	
12:30 PM 1:30 PM	Rhythm of Happiness Drumming & Breathwork Caleb Spaulding	Movement, Muscle & Body	Meditation & Breathwork	2ABC	125	
12:30 PM 1:30 PM	Brain Change: Psychedelics, Physiology & Everyday Plasticity Tommy Wood, Louisa Nicola, Austin Perlmutter	Brain, Mind & Mental Health	Talk	Oceana A	400	
12:30 PM 1:15 PM	The Power Clean Blueprint Jason Khalipa	Movement, Muscle & Body	Fitness & Training	Gym B	60	
12:45 PM 1:15 PM	Book Signing: Janet Stone Janet Stone	Movement, Muscle & Body	Other	Bibliotech	30	
1:00 PM 1:45 PM	Camilla Marcus My Regenerative Kitchen Cooking Demo No. 1 Camilla Marcus	Gut, Immunity & Nutrition	Culinary Workshop	Epicurean Stage by Caraway	100	
1:15 PM 1:45 PM	Book Signing: Ashley Koff Ashley Koff	Hormones, Sex & Reproductive Health	Other	Bibliotech	30	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
1:15 PM 2:00 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
1:30 PM 2:00 PM	How young Is your gut? The hidden inflammation aging you Cheryl Sew Hoy	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	Tiny Health
1:45 PM 2:15 PM	Book Signing: Natalie Crawford Natalie Crawford	Hormones, Sex & Reproductive Health	Other	Bibliotech	30	
2:00 PM 3:00 PM	The Matchmaking Hour by Inflektion	Environment, Tech & Society	Other	2DEF	125	
2:00 PM 2:45 PM	Biohacking on a Plate: A Whole-Food Cooking Demo Shakira Niazi	Gut, Immunity & Nutrition	Culinary Workshop	Epicurean Stage by Caraway	100	
2:00 PM 3:00 PM	UPFs: How We Make Real Food the Obvious, Easy Choice Megan Westgate, Paul Schiefer, Christina Economos, Robert Lustig, Jocelyn Lyle	Gut, Immunity & Nutrition	Talk	1F	150	
2:00 PM 3:00 PM	The Future of Health Care: Map Your Health Strategy for the Next Five Years Jordan Shlain	Environment, Tech & Society	Talk	Oceana B	400	
2:00 PM 3:00 PM	Cold Plunging for Women with Stacy Sims Stacy Sims	Sleep, Stress & Recovery	Other	Contrast Therapy	40	
2:00 PM 3:00 PM	Your Limitless Mind: How to Learn Faster, Adapt Better & Build a Brain That Thrives in the Age of AI Jim Kwik	Brain, Mind & Mental Health	Talk	Coral ABC	300	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
2:00 PM 2:30 PM	The Endocannabinoid System and Healthy Longevity: Science, Practice, and Potential. Marcel Bonn-Miller	Brain, Mind & Mental Health	Talk	Palm Beaches Stage	100	
2:00 PM 3:00 PM	Skinspan: The Missing Dimension of Longevity Saranya Wyles	Longevity & Healthy Aging	Talk	Coral DE	400	
2:00 PM 3:00 PM	Feed Your Mental Health: Nutritional Psychiatry and Mental Fitness Applications for Everyday Brain Health Drew Ramsey	Brain, Mind & Mental Health	Talk	1E	220	
2:00 PM 3:00 PM	Repair: How Neuroscience, Somatics, and Communication Contribute to Relationships That Fuel a Long Life Juliana Hauser, Baya Voce, Gabrielle Bernstein	Meaning, Connection, & Purpose	Talk	Oceana A	400	
2:00 PM 3:00 PM	Embodied Intelligence Lauren "Lo" Roxburgh, Aimee Cox, Nsima Inyang, Gina Caputo	Movement, Muscle & Body	Talk	Agora Stage	125	
2:00 PM 3:00 PM	Sonic Reset Joel Shearer	Sleep, Stress & Recovery	Meditation & Breathwork	Event Lawn	40	
2:00 PM 3:00 PM	Premium Meet n' Greet Andrew Huberman	—	Other	2ABC	125	
2:15 PM 2:45 PM	Book Signing: Camilla Marcus Camilla Marcus	Gut, Immunity & Nutrition	Other	Bibliotech	30	
2:30 PM 3:00 PM	Beyond Lifespan: The Science of Staying Functional Mohamed Abdulhamid	Movement, Muscle & Body	Talk	Palm Beaches Stage	100	BTL

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
2:45 PM 3:30 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
2:45 PM 3:15 PM	Book Signing: Wendy Troxel Wendy Troxel	Sleep, Stress & Recovery	Other	Bibliotech	30	
3:15 PM 3:45 PM	Book Signing Naveen Jain Naveen Jain	Longevity & Healthy Aging	Other	Bibliotech	30	
3:30 PM 5:00 PM	The Next Era of Human Health: Rewriting the Rules of Aging Andrew Huberman, Jessica Shepherd	Longevity & Healthy Aging	Talk	Grand Ballroom	1141	
5:30 PM 6:30 PM	The Connection Experiment Baya Voce, Emily Morse	Meaning, Connection, & Purpose	Talk	Event Lawn	60	

Sunday, November 8, 2026

76 sessions

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
8:00 AM 9:00 AM	Move: Build Resilience from the Inside Out Janet Stone	Movement, Muscle & Body	Fitness & Training	2DEF	125	
8:00 AM 9:00 AM	Harnessing Your Body's Healing Power Christian Drapeau	Meaning, Connection, & Purpose	Talk	2ABC	125	
8:00 AM 9:00 AM	Running for People Who (Think They) Don't Like Running Gina Caputo	Movement, Muscle & Body	Fitness & Training	Lobby	50	
8:00 AM 9:00 AM	The Skeptic's Corner: The Oral Health Debate Ilon Choai, Kelly Blodgett, Staci Whitman	Gut, Immunity & Nutrition	Talk	1L	150	
8:00 AM 9:00 AM	Awaken Body Intelligence: The LoRox Method Lauren "Lo" Roxburgh	Movement, Muscle & Body	Fitness & Training	Event Lawn	40	
8:00 AM 9:00 AM	Rebound Lite: Lymphatic Activation Cardio Rachel Droege	Movement, Muscle & Body	Fitness & Training	Front Lawn	30	
8:00 AM 9:00 AM	The Tracy Anderson Method Tracy Anderson	Movement, Muscle & Body	Meditation & Breathwork	Ballroom ABC	350	
8:00 AM 9:00 AM	HIL: Commitment Through Community Devon Levesque	B2B: Health Innovation Lab	Talk	Coral ABC	300	
9:15 AM 9:45 AM	Book Signing: Kelly Blodgett Kelly Blodgett	Gut, Immunity & Nutrition	Other	Bibliotech	30	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
9:30 AM 10:30 AM	The Missing Metric in Your Longevity Stack: Your Sexual Health Rena Malik	Hormones, Sex & Reproductive Health	Talk	Oceana B	400	
9:30 AM 10:30 AM	The Nourished Gene: Reprogramming the Biology of Aging Jeffrey Bland	Longevity & Healthy Aging	Talk	Oceana A	400	
9:30 AM 10:30 AM	BYO Labs: Bring Your Biomarkers for a Live Review Robin Berzin	Longevity & Healthy Aging	Talk	Agora Stage	75	
9:30 AM 10:30 AM	Innerflow Breathwork Vince Dickson	Movement, Muscle & Body	Meditation & Breathwork	2ABC	125	
9:30 AM 10:30 AM	Minimally Invasive Spine & Regenerative Medicine: A Neuroplastic Approach to Pain Management Ruben Kalra	Regenerative & Precision Medicine	Talk	1E	100	
9:30 AM 10:30 AM	The Power of Omega-3: Unlocking the Science of Healthy Aging Kate Turner, Kelly Patterson, Elana Natker	Gut, Immunity & Nutrition	Talk	1F	150	
9:30 AM 10:15 AM	Full Spectrum Fitness Gina Caputo	Movement, Muscle & Body	Fitness & Training	Gym B	60	
9:30 AM 10:30 AM	Rebound Sculpt: Stability Flow Rachel Droege	Movement, Muscle & Body	Fitness & Training	Front Lawn	30	Jumpsport
9:30 AM 10:30 AM	Pilates Energetics Loni Markman	Movement, Muscle & Body	Fitness & Training	2DEF	125	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
9:30 AM 10:30 AM	Manifest a Life Beyond Your Wildest Dreams Gabrielle Bernstein	Meaning, Connection, & Purpose	Talk	Grand Ballroom	1141	
9:30 AM 10:30 AM	Rhythm & Rope Flow Nsimá Inyang	Movement, Muscle & Body	Fitness & Training	Event Lawn	40	
9:30 AM 10:00 AM	The Molecule Menopause Steals: How to Restore Energy, Brain Power & Sexual Vitality Mariza Snyder	Hormones, Sex & Reproductive Health	Talk	Palm Beaches Stage	100	
9:30 AM 10:30 AM	The Dirtiest 4-letter Word in the English language: Your Amygdala Knows Robert Lustig	Gut, Immunity & Nutrition	Talk	Coral ABC	300	
9:30 AM 10:30 AM	Interoception: Inner Vision, Outer Vision, and the Predictive Self Emeran Mayer, Bryce Appelbaum	Brain, Mind & Mental Health	Talk	Coral DE	220	
9:30 AM 10:30 AM	The Proof Podcast Simon Hill feat. guest Jeremy London Simon Hill, Jeremy London	Heart & Metabolic Health	Talk	1L	150	
9:30 AM 10:30 AM	Sunday Stretch Don Saladino	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	350	
9:30 AM 10:15 AM	Bivalves for a Better Future: Oysters, Mussels, and the Blue-Food Future Andrew Zimmern	Gut, Immunity & Nutrition	Culinary Workshop	Epicurean Stage by Caraway	100	
10:00 AM 10:30 AM	The Science of Awe: Finding Wonder in Everyday Life Dacher Keltner	Meaning, Connection, & Purpose	Talk	Palm Beaches Stage	100	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
10:15 AM 10:45 AM	Book Signing: Mariza Snyder Mariza Snyder	Hormones, Sex & Reproductive Health	Other	Bibliotech	30	
10:15 AM 11:00 AM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
10:30 AM 11:00 AM	Insulin Resistance Begins in the Gut Kiran Krishnan	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	
10:45 AM 11:15 AM	Book Signing: Jeffrey Bland Jeffrey Bland	Longevity & Healthy Aging	Other	Bibliotech	30	
11:00 AM 12:00 PM	Are We Biohacking the Joy out of Food? William Li, Andrew Zimmern	Gut, Immunity & Nutrition	Talk	Grand Ballroom	1141	
11:00 AM 12:00 PM	How to Rewire Your Brain with Food Austin Perlmutter	Brain, Mind & Mental Health	Talk	Oceana B	400	
11:00 AM 12:00 PM	Living the Life You Choose: The Essential Skill of Agency in Midlife Juliana Hauser	Meaning, Connection, & Purpose	Talk	Coral ABC	300	
11:00 AM 12:00 PM	Molecular Hydrogen: Beyond the Myths to Mitochondria, Hormesis, and Human Performance Tyler LeBaron	Gut, Immunity & Nutrition	Talk	1F	150	
11:00 AM 12:00 PM	Nobody Sprints Anymore: the power of short-distance running Stuart McMillan	Movement, Muscle & Body	Talk	Front Lawn	40	
11:00 AM 12:00 PM	Menopause & More: A Women's Health Meetup	Hormones, Sex & Reproductive Health	Talk	Agora Stage	100	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:00 AM 12:00 PM	Scaling Healthspan: Why Protocols Plateau— and Systems Compound Christina Economos	Gut, Immunity & Nutrition	Talk	1E	100	
11:00 AM 12:00 PM	Dying Well: Mortality, Meaning & the Art of Letting Go Thupten Jinpa, Melissa Red Hoffman, Michael Hebb, Jeff Krasno	Meaning, Connection, & Purpose	Talk	Coral DE	220	
11:00 AM 12:00 PM	Built for More: Mindset, Performance & the Capacity to Adapt Stacy Sims, Jim Kwik, Devon Levesque, Julius Thomas	Brain, Mind & Mental Health	Talk	Oceana A	400	
11:00 AM 12:00 PM	The Power of a Playful Mindset Steve Gross	Movement, Muscle & Body	Talk	Event Lawn	40	
11:00 AM 12:30 PM	The Class Restore Aimee Cox	Sleep, Stress & Recovery	Fitness & Training	2DEF	125	
11:00 AM 12:00 PM	Boundless Energy Flow Workout Ben Greenfield	Movement, Muscle & Body	Fitness & Training	Ballroom ABC	350	
11:00 AM 12:00 PM	Breathwork & Cold Plunge Chris Keener	Movement, Muscle & Body	Meditation & Breathwork	Contrast Therapy	40	
11:00 AM 12:00 PM	Is High LDL as Dangerous as We Think? Nick Norwitz, Robert Lustig	Gut, Immunity & Nutrition	Talk	1L	150	
11:00 AM 12:30 PM	Blisspoint Activation - Breath, Body and Sound Lisa de Narvaez	Movement, Muscle & Body	Meditation & Breathwork	2ABC	125	
11:30 AM 12:00 PM	The Energetics of Inflammation: NAD, Metabolic Failure and the Intestinal Barrier Andrew Salzman	Gut, Immunity & Nutrition	Talk	Palm Beaches Stage	100	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
11:45 AM 12:30 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	60	
11:45 AM 12:15 PM	Book Signing: Rena Malik Rena Malik	Hormones, Sex & Reproductive Health	Other	Bibliotech	30	
12:00 PM 12:30 PM	Basics Before Biohacking: Nothing Works if You Don't Gary Brecka, Alex Tarnava	Longevity & Healthy Aging	Talk	Palm Beaches Stage	100	Inhale H2
12:15 PM 12:45 PM	Book Signing: Juliana Hauser Juliana Hauser	Hormones, Sex & Reproductive Health	Other	Bibliotech	30	
12:30 PM 1:30 PM	The Power of Connection: What AI Can't Replace Radha Agrawal, Mia Sundstrom, Steve Gross, Michael Hebb	Meaning, Connection, & Purpose	Talk	Agora Stage	75	
12:30 PM 1:30 PM	Where Inner Life Meets Outer Purpose: Compassion, Spirituality & Legacy Thupten Jinpa, Sage Robbins	Meaning, Connection, & Purpose	Talk	Coral ABC	400	
12:30 PM 1:30 PM	The Church of Fruit (as Medicine): Pleasure, Plants & Planetary Health Stephen Brooks	Gut, Immunity & Nutrition	Culinary Workshop, Talk	Event Lawn	50	
12:30 PM 1:30 PM	The Microbiome Frontier: Predicting and Preventing Chronic Disease Emeran Mayer	Gut, Immunity & Nutrition	Talk	Coral DE	220	
12:30 PM 1:30 PM	The Quantified Self: What to Track, What to Ignore, and Why Jordan Shlain, Kristen Holmes, Sohaib Imtiaz, Edward Hertzman	Environment, Tech & Society	Talk	Oceana A	400	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
12:30 PM 1:30 PM	Microdosing for Menopause: The Next Frontier in 360° Midlife Care Ashley Turner	Brain, Mind & Mental Health	Talk	1E	100	
12:30 PM 1:30 PM	The Fiber Advantage: How to Build a Healthier Gut—and a More Resilient Body William Bulsiewicz	Gut, Immunity & Nutrition	Talk	Oceana B	400	
12:30 PM 1:30 PM	Nervous System Reset II- Transform Your Breath Aaron Alexander	Movement, Muscle & Body	Meditation & Breathwork	Ballroom ABC	350	
12:30 PM 1:30 PM	Healthspan Design for Women Amy Killen, Natalie Crawford, Robin Berzin, Jessica Shepherd	Hormones, Sex & Reproductive Health	Talk	Grand Ballroom	1141	
12:45 PM 1:15 PM	Book Signing: Ben Greenfield Ben Greenfield	Movement, Muscle & Body	Other	Bibliotech	30	
12:45 PM 1:30 PM	Menopause Below the Belt: A Pelvic Floor Fitness Practice Kim Vopni	Movement, Muscle & Body	Talk	2DEF	125	
1:15 PM 2:00 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	36	
1:15 PM 1:45 PM	Book Signing: Jim Kwik Jim Kwik	Brain, Mind & Mental Health	Other	Bibliotech	30	
1:45 PM 2:15 PM	Book Signing: Radha Agrawal Radha Agrawal	Meaning, Connection, & Purpose	Other	Bibliotech	30	
2:00 PM 3:00 PM	Ecology of Healthspan	Environment, Tech & Society	Talk	Agora Stage	75	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
	Tony Cho, Austin Perlmutter, Johanna Hellrigl, Gautam Gulati					
2:00 PM 3:00 PM	The Circadian Edge: How Timing Shapes Sleep and Performance David Benavides	Sleep, Stress & Recovery	Talk	1E	100	
2:00 PM 2:30 PM	Activate Your Inner Repair System: Stem Cells, Recovery, and Muscle Growth Christian Drapeau, Josh Holland	Longevity & Healthy Aging	Talk	Palm Beaches Stage	100	
2:00 PM 3:00 PM	Sonic Reset Joel Shearer	Meaning, Connection, & Purpose	Meditation & Breathwork	Event Lawn	40	
2:00 PM 3:00 PM	Kwik Brain Podcast Recording Jim Kwik feat. guest Ben Greenfield Jim Kwik	Brain, Mind & Mental Health	Talk	1L	—	
2:00 PM 2:45 PM	Kelp Yourself: Seaweed for the Future Andrew Zimmern	Gut, Immunity & Nutrition	Culinary Workshop	Epicurean Stage by Caraway	100	
2:00 PM 3:00 PM	Immunometabolism & Your Brain’s Future David Perlmutter	Brain, Mind & Mental Health	Talk	Oceana B	400	
2:00 PM 3:00 PM	You Are Only as Healthy as Your Oldest Organ Paul Coletta	Longevity & Healthy Aging	Talk	1F	150	
2:00 PM 3:00 PM	ACE: The Centenarian Decathlon: Peformance Medicine for the Body You Want at 100 Ryan Lazarus, Natalia Lazarus, Michelle Leary, Sanjay Bhojraj, Andrew Kidder	B2B: Applied Clinical Education	Talk	Coral DE	220	
2:45 PM 3:30 PM	OTF x HYROX Strength & Capacity	Movement, Muscle & Body	Fitness & Training	Gym A	36	

TIME	SESSION	TRACK	TAGS	LOCATION	CAPACITY	SPONSORS
3:30 PM 5:00 PM	Surprise Guest Keynote	Longevity & Healthy Aging	Talk	Grand Ballroom	2200	