

Future Proofing Your Healthspan and Longevity

Longevity comes down to one simple truth: our ability to weather the inevitable challenges life unexpectedly drops in our lap. Resilience is our ticket to extended healthspan. Western society is entering a phase of significant transformation that will change how we age. This course is a condensed version of Fulton's Whealthspan Masterclass which focuses on the five foundations for extending healthspan and looks at societal changes that will impact all of us. We will distill the latest and most relevant age-related science for a general audience and explain the strategies for optimal outcomes that fit a wide range of cultures and values.

WHEALTHSPAN™



[Click here to view promo video.](#)

YOUR INSTRUCTOR: Scott Fulton



Scott Fulton is recognized internationally as a “Redeﬁner” in the positive aging space. Accustomed to big systems engineering challenges, Fulton focuses his research on improving adult aging outcomes. He teaches Lifestyle Medicine and Aging, is an American College of Lifestyle Medicine member, sits on the prestigious True Health Initiative Council, and is past president of the National Aging in Place Council. His critically acclaimed book, WHEALTHSPAN, More Years, More Moments, More Money, hit #1 on Amazon, and he is known for creating the MEDAC system for optimal aging. Fulton is a multiple Ironman triathlete and lives in a demonstration home he recently designed and built for the future of optimal aging across a lifespan.

WEDNESDAYS, APRIL 2 THROUGH MAY 7

9am AK | 10am PT | 11am MT | Noon CT | 1pm ET

Each live session is 90 minutes

- Wednesday, April 2
- Wednesday, April 9
- Wednesday, April 16
- Wednesday, April 23
- Wednesday, April 30
- Wednesday, May 7

To register, please contact your local Osher Institute.