



CONFERENCE ABSTRACT

The secrets to live longer and healthier

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Abstract

A healthy lifestyle is a series of choices that when made together lead us to overall health and very likely a longer life. This lecture covers the general topic of healthy living. Participants who attend will learn practical methods for improving not only their own health but ways to contribute to the health of family members as well based on the latest research and the latest evidence on the impact of life style on health and disease prevention. Participants will be informed about a range of choices that we all make day in and day out that directly impact our health and the health of others. Simple methods for shifting our choices toward 'health' without compromising quality of life are presented.
