

The Clinical Day

Thursday, November 5 · Clinicians, and non-clinicians who read the primary literature

Thursday is not the consumer program. Fourteen of its seventeen sessions sit in two professional tracks, Applied Clinical Education and the Health Innovation Lab. If you treat patients, or you are a founder, operator, or board member who reads the primary literature rather than the summary, this is the day written at your level.

Go Thursday only if you want the practitioner-level material. If you are coming to learn what to do about your own health, Thursday is the wrong purchase, and Friday or Sunday is the right one.

Morning

HIL: State of the Union

8:00 AM · Coral ABC · Jessica Shepherd

NOT A CLINICAL CLAIM PILLAR 4 Jessica Shepherd opens. A women's health physician framing the state of the field is the right way to start this day.

ACE: Opening Keynote

10:00 AM · Oceana A

NOT A CLINICAL CLAIM PILLAR 4 Sets the frame for the clinician program.

ACE: You Are an Ecosystem: Optimizing Your Biome-Age Through Terrain Biology

10:45 AM · Oceana A · Kiran Krishnan

EXPERIMENTAL PILLAR 3 Listen critically. Terrain biology is not an established clinical framework.

ACE: Building the Vascular Phenotype of the World's Longest-Lived Patients

11:30 AM · Oceana A · Sanjay Bhojraj

ADVANCES PILLAR 4 The most rigorous hour of the day, and the one most relevant to women's cardiovascular risk after the transition.

Afternoon and evening

The Hall of Fame Playbook: 23 Years of Elite Performance and the Science Behind It

2:00 PM · Grand Ballroom · Tom Brady

NOT A CLINICAL CLAIM PILLAR 2 The one open-track consumer draw on an otherwise clinician-facing day.

ACE: It Starts with the Cell Membrane: The New Frontier in Longevity and Peak Performance

3:00 PM · Oceana A

EMERGING PILLAR 4

HIL: Bridging AI & Trust in Longevity

3:30 PM · Coral ABC · Darshan Shah, Stacy Sims

EMERGING PILLAR 4 Stacy Sims is on this panel. Her work on sex differences in exercise physiology is the reason to be in this room.

ACE: Synchronizing the Endocrine Clock: A Genomic Framework for Biorhythmic HRT

5:30 PM · Oceana A · Christopher Shade

EMERGING PILLAR 1 Menopause hormone therapy is Standard of Care. Genomically timed dosing is not. Hold those apart.

ACE: The Mother of Longevity Medicine: Carrying Healthspan Across Generations

6:15 PM · Oceana A · Michelle Leary, Monique Class, Alexis Gonzales, Emily Rydbom

EMERGING PILLAR 1 Four clinicians on healthspan across generations. The closest the day comes to a women's health through-line.

Welcome Toga Party

7:00 PM · Event Lawn

NOT A CLINICAL CLAIM PILLAR 7 Optional, and the room where the consumer days' speakers and the clinicians are in the same place.

WHAT TO SKIP

Skip the sponsored sessions, and know which ones they are. A natural GLP-1 activator is not a GLP-1 receptor agonist. Drainage and binding protocols are not an established clinical framework. Terrain biology is not a recognized discipline. These sit on a clinician-facing agenda beside genuinely rigorous work, and the badge does not sort them for you.

IF YOU ADD A CONSUMER DAY

Thursday is the professional program. These are the four sessions on the other three days most worth a clinician's time.

SATURDAY 3:30 PM The Next Era of Human Health: Rewriting the Rules of Aging Grand Ballroom · Andrew Huberman, Jessica Shepherd
NOT A CLINICAL CLAIM Andrew Huberman and Jessica Shepherd closing the densest consumer day. Grand Ballroom, 1,141 seats.

FRIDAY 9:30 AM Skeletal Longevity: The Unsung Hero of Healthspan Oceana B · Vonda Wright
STANDARD OF CARE Vonda Wright. The strongest skeletal hour at the event, and the one your patients will ask you about.

FRIDAY 11:00 AM Healthspan for Active Women: Rhetoric or Action? Oceana A · Stacy Sims
ADVANCES Stacy Sims on training physiology for women specifically. Published as spelled on the organizer's agenda.

SUNDAY 12:30 PM Healthspan Design for Women Grand Ballroom · Amy Killen, Natalie Crawford, Robin Berzin, Jessica Shepherd
ADVANCES Four clinicians including Jessica Shepherd. The densest women's health hour of the four days.

NOT A CLINICIAN? THE THREE LIFE STAGE AGENDAS ARE FREE.

Download all three · thriveforlongevity.org/advanced-health-longevity-science/eudemonia-summit-2026-agenda-by-life-stage

Then come build the plan.

Thrive 2026, Tuesday November 10, 2026, the Sailfish Club, Palm Beach. Physician-led education across cardiovascular, dental, endocrine and cognitive health, in small groups by life stage. 400 dollars through October 15, then 500 dollars. Questions, or want to meet before the summit? DM @thriveforlongevity on Instagram.

Thursday is the Eudemonia Summit's professional program. Thrive has not confirmed whether a general badge admits you to the Applied Clinical Education and Health Innovation Lab tracks; confirm with the organizer before purchasing. Sessions are drawn from the publicly published Eudemonia Summit 2026 agenda dated September 25, 2026, and are subject to change. Evidence tiers are Thrive's own and describe where the underlying science sits, not what will be said in the room. Thrive for Longevity is an independent 501(c)(3), is not affiliated with or endorsed by the Eudemonia Summit, and this is education, not medical advice. REGISTRATION# CH80847