

Mid-Life Years

Perimenopause, the menopausal transition · Roughly 40s to mid-50s · Your day is Sunday, November 8

Your cycles have changed in length, flow, or predictability. This is the window where the most happens in the shortest time, and where the right room matters most.

Sunday carries the highest concentration of content written for exactly where you are, and it closes with the single most relevant hour of the four days. It is quieter than Saturday and considerably more useful to you.

Not Thursday. Thursday, November 5, is the professional program: fourteen of its seventeen sessions sit in clinician-only tracks. If that is what you want, take The Clinical Day agenda instead.

Morning

The Tracy Anderson Method

8:00 AM · Ballroom ABC · Tracy Anderson

NOT A CLINICAL CLAIM PILLAR 2 A class, not a talk. Twenty-five years of practice behind it, and movement is the pillar you cannot read your way into. Ballroom holds 350.

The Missing Metric in Your Longevity Stack: Your Sexual Health

9:30 AM · Oceana B · Rena Malik

STANDARD OF CARE PILLAR 1 Genitourinary syndrome of menopause is common, treatable, and almost never raised at your appointments. A urologist on a main stage is worth showing up for.

Insulin Resistance Begins in the Gut

10:30 AM · Palm Beaches Stage · Kiran Krishnan

EMERGING PILLAR 3 Thirty minutes, and it connects two things usually discussed separately. 100 seats.

Menopause & More: A Women's Health Meetup

11:00 AM · Agora Stage

NOT A CLINICAL CLAIM PILLAR 1 The only open-format women's health conversation in four days, and the room where you will meet people who are where you are.

Afternoon

Basics Before Biohacking: Nothing Works if You Don't

12:00 PM · Palm Beaches Stage · Gary Brecka, Alex Tarnava

NOT A CLINICAL CLAIM PILLAR 4 Thirty minutes between the two sessions you actually want. Sponsored, and worth hearing anyway.

Healthspan Design for Women

12:30 PM · Grand Ballroom · Amy Killen, Natalie Crawford, Robin Berzin, Jessica Shepherd

ADVANCES PILLAR 1 The reason to have bought a Sunday badge. Four clinicians, the largest stage, written for you.

The Circadian Edge: How Timing Shapes Sleep and Performance

2:00 PM · 1E · David Benavides

ADVANCES PILLAR 5 Sleep disruption is among the most common and least addressed symptoms of the transition.

Surprise Guest Keynote

3:30 PM · Grand Ballroom

NOT A CLINICAL CLAIM PILLAR 4 Closes the event. 2,200 seats.

Out

5:00 PM

PRACTICAL You have a plan for Tuesday. Go home.

WHAT TO SKIP

Skip the stem cell, exosome, and plasma exchange sessions unless you are going out of curiosity and know that is what you are doing. They are Experimental, they are expensive, and nothing in them changes what you should do this year. You will leave those rooms feeling behind, and you are not.

IF YOU WOULD RATHER

Every hour below runs against one of your picks. You cannot attend both. This is what you would be trading.

9:30 AM **BYO Labs: Bring Your Biomarkers for a Live Review** Agora Stage · Robin Berzin

ADVANCES 75 seats, and the closest thing at this event to Know Your Numbers. Bring your panel and arrive by 9:15.

12:45 PM **Menopause Below the Belt: A Pelvic Floor Fitness Practice** 2DEF · Kim Vopni

STANDARD OF CARE Standard of Care and badly underused. Starts fifteen minutes after Healthspan Design for Women, so it is the hardest thing to give up in this hour.

11:00 AM **Built for More: Mindset, Performance & the Capacity to Adapt** Oceana A · Stacy Sims, Jim Kwik, Devon Levesque, Julius Thomas

NOT A CLINICAL CLAIM Stacy Sims on a four-person panel, running against the Menopause & More meetup. Take this one if you would rather hear the physiology than meet the room.

12:30 PM **Microdosing for Menopause: The Next Frontier in 360 Degree Midlife Care** 1E · Ashley Turner

EXPERIMENTAL Listed here so you know what it is: no established evidence base, and the most speculative session in the women's health set.

IF YOU ADD A SECOND DAY

SATURDAY 9:30 AM **The Ultimate Female Longevity Protocol: Hormones, Peptides, GLP-1s, What's Real, What's Myth, And What's Coming Next** Grand Ballroom · Robin Berzin

EMERGING Hormone therapy is Standard of Care, GLP-1s are an Advance, peptides are Experimental. Listen for whether the session separates them.

SATURDAY 12:30 PM **The Skeptic's Corner: Peptides: Potential, Proof, and Proper Use** 1L · Ben Greenfield, Matt Kaerberlein, Kathleen O'Neil Smith

EXPERIMENTAL The most honest room in the building on the topic you are being sold hardest.

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 day.

SATURDAY 9:30 AM **The Body We Keep Trying To Outsmart: What 25 Years of Watching Human Beings Move Has Taught Me About Health** Coral ABC · Tracy Anderson

NOT A CLINICAL CLAIM Tracy Anderson, if you want the argument rather than the class.

FRIDAY 12:30 PM **More Than Hormones: Building Emotional Resilience in Midlife** Oceana B · Jessica Shepherd

STANDARD OF CARE Mood in the transition, treated as a clinical question rather than a mindset problem.

NOT YOUR STAGE? REPRODUCTIVE YEARS, POST-MENOPAUSE AND THE CLINICAL DAY (THURSDAY, FOR CLINICIANS) ARE FREE TOO.

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.

Sessions are drawn from the publicly published Eudemonia Summit 2026 agenda dated September 25, 2026, and are subject to change by the organizer. Confirm times and rooms in the event's own app. Evidence tiers are Thrive's own and describe where the underlying science sits, not what will be said in the room. Life stage groupings are Thrive's own; age ranges are guides, not boundaries. 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