

Post-Menopause

More than a year since your last period · Roughly mid-50s and beyond · Your day is Sunday, November 8

More than a year since your last period. Sunday carries the endocrine, sexual health and cognitive sessions written for women at your stage. It is light on bone and cardiovascular, so if those are your priority, take the Friday agenda instead.

Sunday is the day that treats you as someone with many years ahead rather than a symptom set to manage. It carries the densest women's health programming of the four days, the sexual health session nobody raises at your appointments, and more sessions on meaning and mortality than any other day.

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 Skeptic's Corner: The Oral Health Debate

8:00 AM · 1L · Ilon Choai, Kelly Blodgett, Staci Whitman

ADVANCES **PILLAR 3** Oral health and cardiovascular disease are more connected than most women are told, and a skeptic format is the honest way to hear it.

The Missing Metric in Your Longevity Stack: Your Sexual Health

9:30 AM · Oceana B · Rena Malik

STANDARD OF CARE **PILLAR 1** Common after menopause, treatable, and almost never raised by anyone at your appointments unless you raise it first.

The Science of Awe: Finding Wonder in Everyday Life

10:00 AM · Palm Beaches Stage · Dacher Keltner

NOT A CLINICAL CLAIM **PILLAR 7** Thirty minutes and not a medical session. Take it anyway.

Is High LDL as Dangerous as We Think?

11:00 AM · 1L · Nick Norwitz, Robert Lustig

EMERGING **PILLAR 4** Cardiovascular disease is the leading cause of death for women after menopause. This is a real argument rather than a lecture, which is what makes it useful.

Afternoon

Healthspan Design for Women

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

ADVANCES **PILLAR 1** Largest stage, four clinicians, and the closest thing at this event to a plan rather than a topic.

Immunometabolism & Your Brain's Future

2:00 PM · Oceana B · David Perlmutter

EMERGING **PILLAR 5** Cognition treated as a metabolic question, which is where the evidence is moving.

Surprise Guest Keynote

3:30 PM · Grand Ballroom

NOT A CLINICAL CLAIM **PILLAR 4** Closes the event.

Out

5:00 PM

PRACTICAL Sunday ends at five and you will have earned the walk to the car.

WHAT TO SKIP

Skip most of the biohacking track. It is built for optimizing people who do not yet have anything to manage, and it will cost you hours that would actually change your risk profile while implying you are behind. You are not behind. You have more information about your own body than anyone in that room at thirty-five.

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 Bring your panel. 75 seats, and it will fill.

12:30 PM **Where Inner Life Meets Outer Purpose: Compassion, Spirituality & Legacy** Coral ABC · Thupten Jinpa, Sage Robbins

NOT A CLINICAL CLAIM The hardest thing to give up against Healthspan Design for Women, and for some women the better hour.

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

STANDARD OF CARE Standard of Care, underused, and it does not stop being relevant after the transition.

8:00 AM **The Tracy Anderson Method Ballroom ABC** · Tracy Anderson

NOT A CLINICAL CLAIM A class rather than a talk, running against the oral health debate. Take it if you would rather start the day moving. Movement is the one pillar you cannot read your way into.

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 LDL session.

IF YOU ADD A SECOND DAY

FRIDAY 9:30 AM **Skeletal Longevity: The Unsung Hero of Healthspan** Oceana B · Vonda Wright

STANDARD OF CARE Bone loss accelerates through and after the transition. This is the session.

FRIDAY 11:00 AM **Age Strong: The New Playbook for Strength, Function & Longevity** Grand Ballroom · Jeremy London, Helen Blau, Louisa Nicola, Matt Kaeberlein, Vonda Wright

STANDARD OF CARE Strength has the best evidence of anything here for staying independent.

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.

SUNDAY 11:00 AM **Dying Well: Mortality, Meaning & the Art of Letting Go** Coral DE · Thupten Jinpa, Melissa Red Hoffman, Michael Hebb, Jeff Krasno

NOT A CLINICAL CLAIM The bravest session on the schedule, and it runs opposite the meetup at 11:00.

NOT YOUR STAGE? REPRODUCTIVE YEARS, MID-LIFE YEARS 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