

Reproductive Years

Cycles regular, childbearing years · Roughly 20s through late 30s · Your day is Friday, November 6

Your cycles are regular and menopause reads as something that happens later. What is being set now is quieter and more consequential: peak bone mass, the muscle you will draw down for the next forty years, and your metabolic baseline.

Friday owns bone and strength, and at your stage nothing else on this agenda compounds the way those two do. Peak bone mass is built before forty and defended after. This is the only window in which any of it is cheap.

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

Arrive, coffee, walk the partner floor

7:30 AM

PRACTICAL Sixty-plus brands are on site and the floor is empty at this hour. Twenty minutes now, ninety at noon.

DAYBREAKER: Wake Up & Dance

7:30 AM · Ballroom ABC · Eli Clark-Davis, Nick Brewer, Radha Agrawal

NOT A CLINICAL CLAIM **PILLAR 7** Optional, and the best room in the building for meeting people before the day starts.

Skeletal Longevity: The Unsung Hero of Healthspan

9:30 AM · Oceana B · Vonda Wright

STANDARD OF CARE **PILLAR 2** The single most valuable hour of the four days at your stage. Bone is built now and defended later, not the other way around.

Age Strong: The New Playbook for Strength, Function & Longevity

11:00 AM · Grand Ballroom · Jeremy London, Helen Blau, Louisa Nicola, Matt Kaeberlein, Vonda Wright

STANDARD OF CARE **PILLAR 2** Five clinicians on building the muscle you will spend the next forty years drawing down.

Afternoon

Longevity Starts in the Kitchen

12:00 PM · Epicurean Stage · Johanna Hellrigl, William Li

STANDARD OF CARE **PILLAR 3** Forty-five minutes, doubles as lunch, and more practical than most of the nutrition talks on the main stages.

The Missing Pillar of Longevity: A Pelvic Floor Fitness Practice

12:30 PM · 2DEF · Kim Vopni

STANDARD OF CARE **PILLAR 2** Established care, widely underused, and far easier to build now than to repair at fifty-five.

Eat This, Take That: A No-Hype Guide to Food and Supplements

2:00 PM · Oceana A · Morgan McSweeney, Christina Economos, Matt Kaeberlein, Simon Hill, JJ Virgin

ADVANCES **PILLAR 3** Five panelists who disagree with each other. That disagreement is the value.

Measuring Resilience: Stress, Inflammaging and the Immune System

2:30 PM · Palm Beaches Stage · Nikolina Lauc

EMERGING **PILLAR 4** Short, and a useful look at what biological age testing does and does not currently tell you. Sponsored session.

Surprise Special Guest

3:30 PM · Grand Ballroom

NOT A CLINICAL CLAIM **PILLAR 4** Unannounced, 1,141 seats, and it will fill. Go early or use the hour on the floor.

Out

5:00 PM

PRACTICAL You have what you came for. Saturday starts at 8:00.

WHAT TO SKIP

Skip most of the hormone therapy sessions. They are Standard of Care, they are well studied, and they will matter enormously to you later, in the transition. They are not actionable for you yet, and six hours of them now mostly produces anxiety about something you cannot act on.

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 **The Gut's Biggest Turning Points: From Birth to Menopause** 1F · Emeran Mayer, Elisa Song, Anna Cabeca, Cheryl Sew Hoy

ADVANCES If gut is your question rather than bone. 150 seats, go early.

11:00 AM **Is That Actually True? A High Yield Guide on Navigating Wellness Claims in the Age of Algorithms** Coral DE · Morgan McSweeney

NOT A CLINICAL CLAIM If you would rather learn how to think than what to think. You are the demographic this industry is aiming at hardest.

12:30 PM **Circadian Shifts for Optimal Energy** Coral DE · Kristen Holmes, David Benavides, Tommy Wood, Wendy Troxel

ADVANCES Sleep architecture is far easier to protect now than to rebuild later.

11:00 AM **Heathspan for Active Women: Rhetoric or Action?** Oceana A · Stacy Sims

ADVANCES Stacy Sims on training physiology for women specifically, running against Age Strong. Her work on sex differences in exercise science is the reason to consider trading.

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

STANDARD OF CARE Jessica Shepherd, and the only hormones and menopause session on Friday. Worth it if you want to read ahead.

IF YOU ADD A SECOND DAY

SATURDAY 11:00 AM **Longevity Science: Separating Fact from Fiction** 1E · Matt Kaerberlein

NOT A CLINICAL CLAIM The most rigorous hour at the event. 100 seats, arrive early.

SATURDAY 12:30 PM **The Ovary Code: Take Control of Your Hormonal Health** Oceana B · Natalie Crawford

STANDARD OF CARE A reproductive endocrinologist on what your ovaries are actually doing.

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. The biggest room at the event.

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. Twenty-five years of observation, not a trial, and worth hearing on those terms.

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

ADVANCES Bring your panel. A baseline now is worth more than any single intervention.

NOT YOUR STAGE? MID-LIFE 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