

Saturday

Saturday, November 7 · The biggest day, and the one with a bit of everything

Saturday is the largest day of the summit, 87 sessions, the most talks, and the closing keynote in the 1,141 seat ballroom. If you can only take one day, or you already hold a Saturday badge, this is how to spend it. Every line below carries a life stage indicator so you can read down your own column.

If you are choosing freely, your stage day is Friday or Sunday and those guides are sharper. Saturday is the day with the broadest range and the biggest names. Take two days and you get both: Saturday for the field, your stage day for you.

Life stage key: R = Reproductive Years · M = Mid-Life Years · P = Post-Menopause · ALL = worth any stage

Morning

Arrive early, walk the partner floor

8:00 AM

ALL **PRACTICAL** Sixty-plus brands and the floor is empty at this hour. Twenty minutes now saves ninety at noon.

The Ultimate Female Longevity Protocol: Hormones, Peptides, GLP-1s, What's Real, What's Myth, And What's Coming Next

9:30 AM · Grand Ballroom · Robin Berzin

M P **EMERGING** **PILLAR 1** The flagship women's session of the day, in the big ballroom. Note the tier: hormone therapy is Standard of Care, peptides are not, and the title runs them together.

The Longevity Blind Spot: Anti-Aging Dentistry That Makes You Feel Younger, Not Just Look It

9:30 AM · 1E · Kelly Blodgett

ALL **ADVANCES** **PILLAR 3** Oral health is a real longevity input and almost nobody programs it. 100 seats, go early.

The Body We Keep Trying To Outsmart: What 25 Years of Watching Human Beings Move Has Taught Me About Health

9:30 AM · Coral ABC · Tracy Anderson

ALL **NOT A CLINICAL CLAIM** **PILLAR 2** Tracy Anderson. Twenty-five years of observation, not a trial, and worth hearing on exactly those terms.

Longevity Science: Separating Fact from Fiction

11:00 AM · 1E · Matt Kaerberlein

ALL **NOT A CLINICAL CLAIM** **PILLAR 4** Matt Kaerberlein, and the most rigorous hour of the four days. 100 seats. Arrive early or you will not get in.

Lift Off: Weights For Women

11:00 AM · Gym B · Gina Caputo

ALL **STANDARD OF CARE** **PILLAR 2** A class, not a talk. The only Saturday session built around loading for women specifically.

Afternoon

The Ovary Code: Take Control of Your Hormonal Health

12:30 PM · Oceana B · Natalie Crawford

R M **STANDARD OF CARE** **PILLAR 1** Standard of Care, 100 seats, and the strongest reproductive endocrine hour on this day.

Cholesterol Crisis: What Medicine Gets Wrong About Heart Health

12:30 PM · Coral DE · Nick Norwitz

M P **EMERGING** **PILLAR 4** Cardiovascular disease is the leading cause of death in women, and Sunday barely covers it. This is Saturday's advantage.

The Future of Health Care: Map Your Health Strategy for the Next Five Years

2:00 PM · Oceana B · Jordan Shlain

ALL **NOT A CLINICAL CLAIM** **PILLAR 6** The only session at the entire summit that touches the financial architecture of a long life. Pillar 6, and the gap we built our own programming to fill.

The Next Era of Human Health: Rewriting the Rules of Aging

3:30 PM · Grand Ballroom · Andrew Huberman, Jessica Shepherd

ALL **NOT A CLINICAL CLAIM** **PILLAR 4** Andrew Huberman and Jessica Shepherd closing the day. 1,141 seats and it will fill.

Out

5:00 PM

ALL **PRACTICAL** Sunday starts at 8:00 if you are taking a second day.

WHAT SATURDAY COSTS YOU

Saturday is the thinnest day for endocrine content written specifically for women: two talks, against four on Sunday. That is the trade you are making. It is also the day with the most sponsored and Experimental material on the main stages, so read the tier on every line before you give it an hour.

IF YOU WOULD RATHER

Each of these runs against one of the picks above. You cannot attend both.

9:30 AM [R] **Immunity Starts in Your Microbiome** Oceana A · Jeffrey Bland, Staci Whitman, Emeran Mayer, William Bulsiewicz, Elisa Song

ADVANCES A five-person panel in the big ballroom, if gut is your question rather than hormones.

11:00 AM [M P] **Beyond the Scale: How GLP-1s Are Rewriting Metabolic Medicine** Oceana A · Elizabeth McDonald, David Perlmutter, Natalie Crawford, Ashley Koff

ADVANCES If GLP-1 medications are a live question for you, take this instead of Kaerberlein.

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

EXPERIMENTAL Experimental, and the title says skeptic's corner for a reason. Useful precisely because it is adversarial.

12:30 PM [ALL] **His, Her, or Our Sleep: Sleep Better. Love Better. Live Better.** 1E · Wendy Troxel

STANDARD OF CARE Standard of Care, and sleep disruption is among the most common and least addressed symptoms of the transition.

2:00 PM [ALL] **Skinspan: The Missing Dimension of Longevity** Coral DE · Saranya Wyles

EMERGING If skin is your question. Emerging, and read it as that.

TAKING A SECOND DAY?

Saturday gives you the field. Your stage day gives you you. The three life stage guides are free.

THE THREE LIFE STAGE GUIDES

Reproductive Years (Friday), Mid-Life Years and Post-Menopause (Sunday), and The Clinical Day (Thursday) · 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.

Life stage indicators are Thrive's own and are guides, not boundaries; sessions marked for one stage are open to anyone. 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. 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