

Longevity, Health, and Nutrition

Secrets to Successful Aging and Lifespan Extension

Come Listen, Ask Questions, and Learn How to Improve Your Health and Wellness:

- *What are the latest developments in the aging and longevity field?*
- *What are the common characteristics of centenarians (>100 year old)?*
- *How can we slow or reverse the aging process?*
- *What are the 10 daily practices that will lengthen your health span?*
- *What kinds of food and diet will promote healthy aging?*

Sunday, February 21, 2021

3:00-4:00pm

Place: Chi Am Online Zoom Conference Room

Sign up by 2/19 to receive a Zoom link the night before the event

Click the [link](https://forms.gle/4XYJGeeQNK5a29x7) to sign up: <https://forms.gle/4XYJGeeQNK5a29x7>



Speaker: Aimee Yan, MS RD (Registered Dietitian with the Academy of Nutrition and Dietetics) Ms. Yan is a Chi Am Circle Board member who recently retired from City College of San Francisco. A graduate of UC Berkeley and SF State University, she has over 35 years of work experience in the health and aging field. Formerly a nutrition instructor, she is currently a dietitian consultant at adult day health centers throughout the Bay Area including Self Help for Elderly, Avenidas, Family Bridges, Stepping Stone, and Meals on Wheels Peninsula Volunteers.

Questions? Call 650-854-3227 Aimee.Yan@ChiAmCircle.org , for tech Juliet.Sham@ChiAmCircle.org

Brought to you by Chi Am Circle Shelter-In-Place Committee: Eva, Nikki, Juliet, Rebecca, Linda, Aimee