



In pockets of the world, centenarians thrive independently, but this is not something we see across the United States. What are the common denominators being practiced in the world's healthiest communities? We invite you to join us for an insightful discussion on healthy aging for men and women, how to cultivate awareness not only within yourself but in support of those around you, and how to change behavior to adopt a lifestyle that supports longevity.

#### Our agenda includes:

- The Power 9 - what are the 9 common denominators among the healthiest communities in the world?
- Preventing care throughout the decades in support of healthy aging
- The role of physical and emotional health in delaying the decline of the body and brain
- What you need to know to support and embrace healthy aging in men and women

## MEET OUR HOST



**Doreen Davis**  
SVP Well-Being & Engagement, Atlantic Region,  
NFP, an Aon company

## MEET OUR SPEAKER



**Bridget Eastep**, is a certified lifestyle medicine coach experienced in facilitating group human performance programs. She has a demonstrated history in designing and delivering highly engaging employee training programs driven towards changing behavior. Bridget brings over 12 years of training experience to her role with **WellnessIQ**. Bridget is proud to have facilitated over 4,500 hours of content for participants both in-person, virtual, recorded and live. Bridget's passion for learning what drives and inspires her participants leads to a highly engaging experience.

### VIRTUAL WEBINAR

## THRIVING THROUGH THE YEARS: ESSENTIAL STRATEGIES FOR LONGEVITY

### WHEN

Tuesday, September 10, 2024  
Noon – 1:00 p.m. ET

### HOW TO REGISTER

Visit [go.nfp.com/essential\\_strategies](https://go.nfp.com/essential_strategies)  
or scan the code below!



### WHO CAN ATTEND?

This free session is open to all NFP clients and their employees, as well as NFP employees. It will be recorded and made available to all registrants.  
*\*HRCI approval for CE credits has been granted for this webinar*

### QUESTIONS?

Email NFP's Atlantic region Well-Being team at  
[NFPAtlanticWellbeing@nfp.com](mailto:NFPAtlanticWellbeing@nfp.com)