

“Vibrant Midlife Aging and Wellness” Speaking Presentations

Linda is available to give informal one hour presentations to small audiences (20 and under) on aspects of healthy midlife aging and wellness. Topics may include:

- What is a healthy diet? Nutrient density/protein, fats, and carbohydrates
- Slowing down accelerated aging with antioxidant rich foods and supplements
- Inflammation and chronic disease prevention
- Middle age weight gain and dysfunctional metabolism/emotional eating
- Chronic stress- nutritional/lifestyle support
- Reducing “Total Load”/daily detoxification and seasonal cleanses
- Female health in midlife
- Male health in midlife
- Graceful aging: delaying the visible signs of aging

Speaker Fee: \$120.00 for one hour presentation