



You're invited to our
**FutureLab
Training
Program**

UPCOMING TOPIC:
**Optimising Healthspan:
Inflammation and Oxidative Stress**

**REGISTER
BELOW:**

**Thu, Nov 7th 2024
@ 12:30PM AEDT**

<https://my.demio.com/ref/kXAWjAUoiVMY3Vsf>



**Wed, Nov 20th 2024
@ 12:30PM AED**

<https://my.demio.com/ref/EfzhM6by20rb030k>



Join us for our Lunch and Learn webinar, “Optimising Healthspan: Inflammation and Oxidative Stress,” where we will uncover the impact these two critical factors have on your health and longevity.

We'll explore how chronic inflammation and oxidative stress contribute to cellular ageing, and the practical steps you can take to manage these processes to extend your healthspan – the number of years you live in good health. Learn about the latest science and strategies to mitigate these effects, including the role of targeted supplements in reducing inflammation and neutralising oxidative damage.

This interactive session will offer practical applications, live polls, and a Q&A, helping you apply these insights to your life or your customers, empowering better health and longevity.