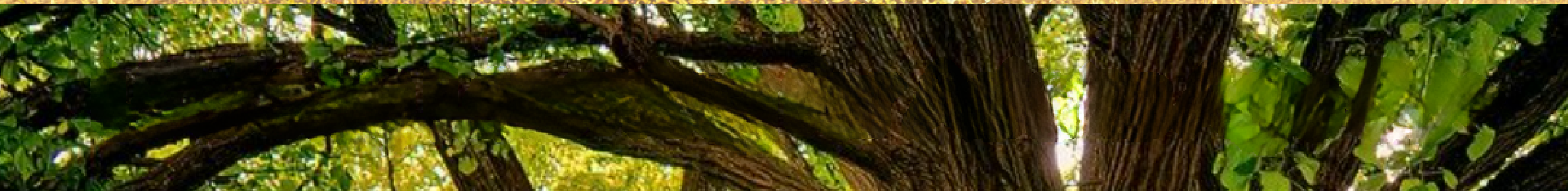


Introduction to

# LONGEVITY



Although there have been many recent breakthroughs in medicine which could potentially enhance our health and extend our lifespans, there are numerous challenges that threaten our health such as the proliferation of fast food, pollution, an increasingly isolated population, and disinformation. This talk aims to explain what longevity is, review the challenges to health, and lay out a practical, evidence-based approach for optimizing healthspan and lifespan.

**Thursday, February 5th at 6:30 PM.**

*Registration begins January 23. Call 716-741-2650 reserve your spot.*

Aaron Harman is board certified in Diagnostic and Interventional Radiology.

He graduated from UMass Medical School and completed his training at Brown University and Harvard University. He has served as president of the

New England Society of Interventional Radiology and directed the Interventional Radiology residency at UMass. Additionally, he founded and is the medical director of Vitality Medical Specialists, a longevity practice.

