



ONEgeneration Presents a 5-Part Speaking Series...

LIVING TO 100 WITH QUALITY

Jerry Kornfeld, M.D., FAAFP

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Thursday, June 27th, 2019

10:00am-11:30am

Aging is INEVATABLE..... Coping with it is the Challenge

Our culture tells us that we are old at 65. That may have been true in your Grand Parents days but in 2019 our life span is increasing rapidly and the 80 year old today is equivalent to the 55-60 year old of previous generations. Join Dr. Jerry as de-bunks the myth that the numbers after your name should control your activities and destiny. He will show you that it is your physical and mental condition, not the numbers that should control that.

Thursday, July 25th, 2019

10:00am-11:30am

You Have the Power

What role do your thoughts and spirituality have on your health?

Is there a mind/body connection or do they function as separate systems? You will learn about the molecules of emotion, what they are and what effect they have on the immune system and your health. Also, the latest thinking about your life style, your genes and your cells will be discussed

Thursday, August 29th, 2019

10:00am-11:30am

Your 100 Year Heart

Keeping your heart alive for 100 years is the subject of Dr. Kornfeld's book. We are experiencing an epidemic of a self-inflicted disease. He examines how your life style, attitude and other factors can be changed so as to decrease your chances of becoming a victim of heart disease.

Thursday, September 26th, 2019

10:00am-11:30am

Vitamins, Supplements, Red wine and Other Anti-Oxidants

What are they, Why are they important. Are they hype or do they really work. He will also look at their role in ageing and cancer. This is an evidence based discussion of their role and benefits in keeping you healthy.

Thursday, October 31st, 2019

10:00am-11:30am

Medicine in 2025...What the Future has in Store

Join Dr. Jerry for this exciting talk as he searches his crystal ball for a look at the future of medicine .He will explore gene therapy, regenerative therapy and cloning. He will answer your questions about stem cells replacement part stores and how your computer and its apps will replace doctor visits. Most important what is going on in the world of LONGEVITY.

Location: ONEgeneration Senior Enrichment Center

18255 Victory Blvd.

Reseda, CA 91335

To RSVP, call: 818-705-2345