

BROUGHT TO YOU BY YOUR WELLNESS PARTNERS



Brookfield Place

Dr. Roizen: Top Tips for Aging Well



Did you know aging is a process that you can control? Research has demonstrated that lifestyle choices and behaviour have a far greater impact on longevity and health than heredity. There are hundreds of steps you can take that will enable you to live your days to the fullest.

Date **Monday, January 22, 2018**

Time 5:30 pm – 7:00 pm

Location **The Hockey Hall of Fame at Brookfield Place**

To RSVP, email Elaine at evanse@ccf.org or 416.507.6671

Dr. Roizen is a New York Times bestselling author, a Dr.Oz Show regular, and the Chief Wellness Officer for Cleveland Clinic. He will be making a special appearance at the Hockey Hall of Fame on January 22. He will explain how you can age well and live better.

About Dr. Roizen

Dr. Michael Roizen is chief wellness officer at the Cleveland Clinic and J Gorman and Family Chair of the Wellness Institute. The Wellness programs have helped Cleveland Clinic employees lose more than 276,000 pounds, reduce blood pressures and smoking rates substantially, and increase engagement by 33%.

Dr. Roizen has founded twelve companies, co-invented a drug approved by the FDA and has published a series of highly popular and #1 New York Times bestsellers: YOU: The Smart Patient, YOU: The Owner's Manual, YOU: On A Diet, and YOU: Staying Young all co-authored with Dr. Mehmet Oz. Dr Roizen's RealAge and the YOU books have been translated into more than 44 languages and have resulted in 4 #1 NY Times Bestsellers (more than any other physician) and have been #1 in five other countries.

Dr. Roizen has given over 1,400 lectures to professional medical groups and has been recognized with over 25 professional lectureships and has appeared more than 18 times each on The Oprah Winfrey Show, The TODAY Show, Good Morning America, Canada AM, the 700 Club, and the Dr Oz show. He and Dr Oz write a column syndicated to 101 newspapers worldwide. He hosts a 2 hour radio show weekly.

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