

Good Habits for Healthy Aging: How Hormonal Changes as We Age Make Us Sick

May 14, 2026

1:30-3:00pm MT

The hormonal changes that occur after our 30's puts us at risk of weight changes, chronic diseases like heart disease and diabetes, bone changes and dementia. During this session, Dr. Prendergast will present the science behind how hormones impact chronic diseases and how nutrition can prevent them!



Learning Outcomes:

- Participants will learn how nutrition and a healthy diet can be used to prevent chronic diseases
- Participants will learn how the hormonal changes that occur after our 30's increase our risks of disease
- Participants will learn about what simple changes to our diets/habits bring the biggest impact

Speakers:

Dr. Susan Prendergast PhD NP, Ellithia Healthcare, Owner/Nurse Practitioner. Dr. Prendergast is an uninvited settler of Norwegian heritage who has worked alongside Indigenous people and community in both Alberta and B.C. in a variety of roles including Nurse Practitioner, Co-Researcher and Learning Partner



Target Audience: All including healthcare professionals

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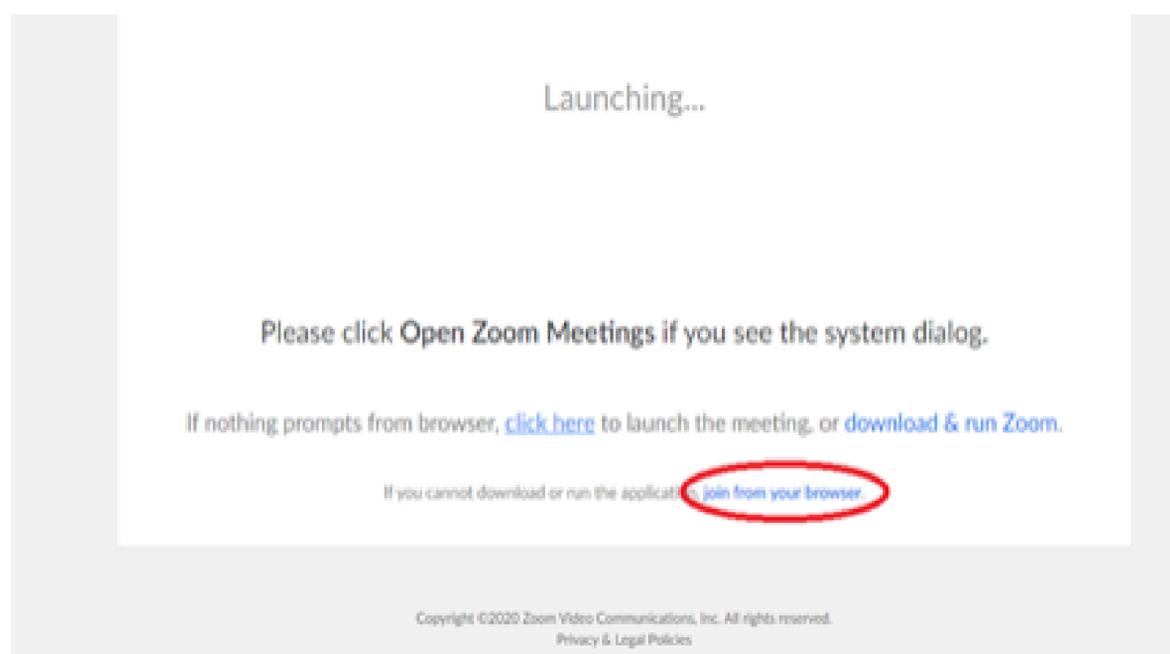
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