SMART LIFE FORUM

Smart Life Forum, Inc. (SLF) is a California nonprofit public benefit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

SLF helps to keep the public up-to-date on the latest findings and developments that impact our health. We do this through community-based forums where attendees can meet to share health-related information and can listen to presentations by expert guest speakers in the field of health and wellness.

Our topics include anti-aging medicine, complementary/integrative medicine, nutritional science, and related issues in biochemistry and physiology, as well as the mind-body connection.

Our approach is inclusive and evidence-based. We study and discuss many topics including: nutrition (healthy diets, good and bad fats, good and bad carbohydrates, high-quality protein, fiber, vitamin and mineral supplements, amino acids, systemic and digestive enzymes, and more), bioidentical hormone replacement, exercise regimens, and herbs, as well as the safety and effectiveness of various pharmaceutical drugs and surgeries.

Please come join us and learn more about your own health and how to enhance it.

Please tear off one of the contact tabs below

www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1	www.SmartLifeForum.org Third Thursday of the month at 7 pm Cubberly Community Center, Palo Alto 4000 Middlefield Rd, Room H-1