

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: February 23, 2022



Anna Cabeca

"Biohacking for Longevity"

**February 23, 2022
1:30PM PST (US & Canada)**

Meet Anna Cabeca!

Dr. Anna Cabeca is an internationally acclaimed menopause and sexual health expert, global speaker and pioneering promoter of womens health. She is Emory University trained and triple board certified in gynecology and obstetrics, integrative medicine and antiaging and regenerative medicine, and is the author of *The Hormone Fix*, a diet and holistic lifestyle program for menopausal women. Dr. Cabeca has reached hundreds of thousands of women around the globe, inspiring them to reclaim their optimal health and realize they can journey through menopause and find more purpose and pleasure than they ever dreamed possible. She balances her passion for womens health with faith, grace and skill, while raising her four daughters, and leading the nonprofit foundation she created in honor of her son, Garrett V. Bivnes who tragically died as a toddler.

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Announcements & Upcoming Events

We are evolving to accommodate the times of Covid-19. Currently we are doing approximately one zoom meeting per week and are benefiting from the European expertise. We hope to maintain the forum environment as we welcome the audience's questions. Obviously, staying healthy during the times of the Covid virus is important. We welcome your suggestions for speakers.

We hope to continue our monthly in person meetings as well but we are aware that the Cubberly Community Center space may no longer be available to us. When the monthly in person meetings resume, we plan to have at least one monthly zoom meeting.

A Membership Chair position is available. Interested persons can contact any board member or email Susan at:
susanrdowns@hotmail.com.
Thank you.

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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Presentation Speaker:

Anna Cabeca

February 23, 2022 @ 1:30 PM PST (US and Canada)

"Biohacking for Longevity"



Dr. Cabeca, the “girlfriend doctor” will share her insights how to optimize health in the female body. While many studies focus on men, the female body is different and changes with age. Learn how biohacks work different in women and how to use them for optimal health. There will be plenty of information for men as well when gender comparisons are made.

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Anna Cabeca

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"Biohacking for Longevity"

Join Zoom Meeting

<https://us02web.zoom.us/j/87289934656?pwd=b0VLUINQa29QUmtzWWczdUdUQS84UT09>

Meeting ID: 872 8993 4656

Passcode: 253575

One tap mobile

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Meeting ID: 872 8993 4656

Passcode: 253575

Find your local number: <https://us02web.zoom.us/u/khsx8KqkK>

(End of Presentation)

About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website: www.SVHI.com.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

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Annual Membership \$60 (per household)

\$10 per Meeting

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Benefit: Access to a community
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