

Dr. Vivien Brown



Do you have a tendency to always put other people before yourself? Do you have a hard time saying no to others and yes to yourself? It's time to change this habit and start making better choices! Dr. Vivien Brown is an internationally-recognized leader in healthy aging and women's brain health, and author of *Don't Just Live Longer: Live Happier, Healthier, and Age Successfully*. She joined us to talk about aging without getting old, how to put ourselves first, and starting the journey to good health and a happy and rewarding future.

Testimonials

"Over a week has passed and finally I am sitting down to thank you for organizing this series for your female clients. It is truly wonderful and this recent event with Vivien as the speaker did not disappoint. She was informative and provided useful content and research related to living a full, meaningful life as we get older (and so our spirits can remain young). I also wanted to thank you for the complimentary champagne in honour of Diana's birthday and for organizing dinner with all of us - what a pleasure to be with you and Vivien together with Diana and Deb. Thank you for a lovely evening of conversation and fine dinner!" - A.S.

"I want to thank you so much for inviting me to Dr. Vivien Brown's insightful presentation on women's health, and for awarding me the door prize of a Medisys Elite Preventative Health Assessment. I fortunately came away with a clean bill of health and with greater confidence in my health, which is a blessing for any woman. So you have inspired me and I know Dr. Brown's talk inspired everyone there. It has been a pleasure to be part of your Women's Thought Leadership series, and of course to be a speaker in it. Many thanks for your generosity." - J.H.

"Just a quick note to say how much I enjoyed your event on Thursday. It was stimulating and supportive and lovely in so many ways. Thank you so much!" - N.L.