

THE POWER OF 5 THE ULTIMATE FORMULA for Longevity and Other Tricks to Foster Happy, Healthy Longer Living with Dignity and Independence



THE CRISIS & THE CURE

The Challenge: Health with Dignity and Independence

- *Will I see my goals become a reality and watch my children mature?*
- *Will I keep my mental acuity, maintain my health, relationships, dignity, and independence as I age?*
- *How do I secure my dignity and independence in the next phase of life?*
- *Is there a preventive/proactive plan?*
- *Is there a roadmap that prioritizes my health over logistics?*

The Answer: The Power of 5 and a Dignity Preservation Plan

Dr. Bernstein's presentations, speeches, and books provide an overall strategy for longevity, maintaining youthfulness, dignity, and independence. His research looking at those who have aged well and current geroscience looking forward provide the blueprint to achieve success for anyone at any stage of life. Each of his books, which include recommendations about lifestyle, social engagement, senior driving, or relocating are more than a guide; **they are a physician's proactive plan for longevity**. Dr. Bernstein translates 40 years of geriatric experience to reveal that late-life transition is a **Health Event First, a Logistical Event Second**. Learn from the tragic outcomes of those who had assets but lacked a plan. *Don't let your next chapter be dictated by a preventable crisis.*

AUTHOR & EXPERT: DAVID BERNSTEIN, M.D.



Author Philosophy & Passion

Dr. Bernstein possesses a lifelong interest in preventative health and longevity. His 40 years of experience have compelled him to translate complex clinical observations into actionable wisdom. Through his writing and speaking, he provides a front-row seat to the challenges of aging, empowering individuals and families to make **rational choices** about their health and secure their future dignity. Dr. Bernstein's life—his civic activities, exercise, and writing—is a testament to the principles he preaches.

Credentials & Expertise

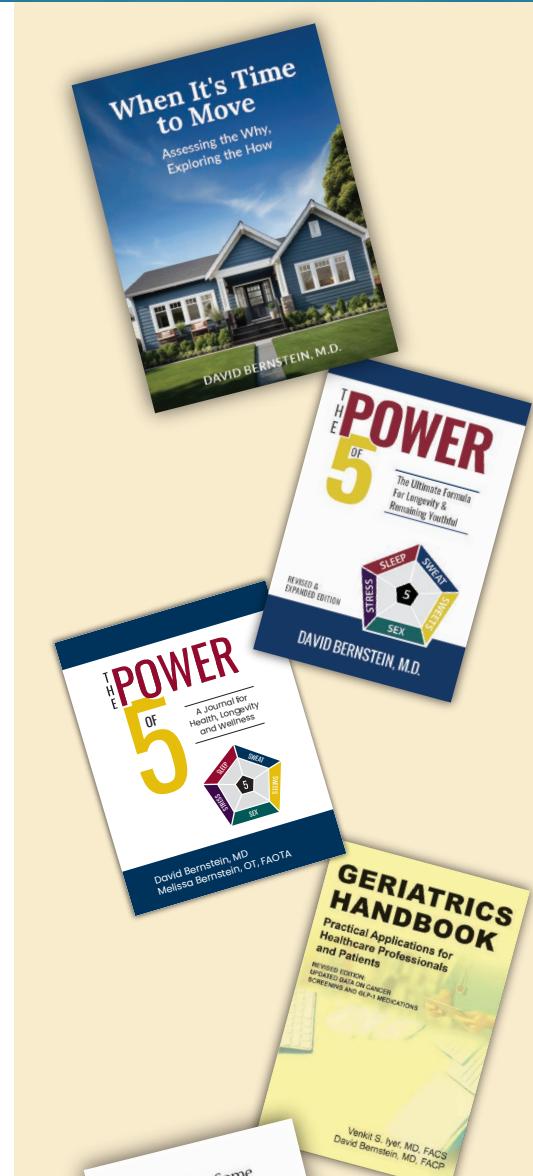
David Bernstein, M.D., is a highly respected physician and author, board-certified in both Internal Medicine and Geriatrics, with **40 years of clinical experience**. His unique insight into patient patterns and outcomes makes him a sought-after expert in aging, longevity, and complex life transitions.

- **Academic Affiliations:** Associate Clinical Professor in the Department of Medicine at the University of South Florida College of Medicine.
- **Hospital Leadership:** Served as Chairman of his hospital's Pharmacy and Therapeutic Committee for 20 years, focusing on patient safety and outcomes.
- **Proven Bestseller Status:** Author of three Amazon Top 20 books:
 - *I've Got Some Good News and Some Bad News: You're OLD*
 - *Senior Driving Dilemmas, Lifesaving Strategies*
 - *The Power of 5: The Ultimate Formula for Longevity and Remaining Youthful*

SPEAKING TOPICS: HIGH-IMPACT & IMMEDIATE VALUE

Dr. Bernstein is available for Keynotes, Seminars, Lunch & Learns, and Podcast Interviews for legal, real estate, corporate HR, retirement organizations, and healthcare professionals.

1. **The Power of 5: The Ultimate Formula for Longevity and Remaining Youthful** - Decipher the major health determinates: Stress, Sex, Sweets, Sweat, and Sleep.
2. **Age GRACEfully** - The transformational Power of Goals, Roots, Attitude Companionship, and Environment.
3. **Building Resilience** - 10 key elements to positively impact your workforce, your organization, and your bottom line.
4. **Worried about Grandma's Driving?** - Taking away the car keys.
5. **Gene Hackman & the Price of Dignity: What Wealth Can't Buy in Late-Life Care** - Uses a high-profile cautionary tale to shock audiences into realizing a plan is about dignity, not just finances.
6. **The 90 Million Move Crisis: Housing & Health Solutions** - Addresses the immense Boomer demographic shift and provides the best options for strategic, health-conscious housing (including Universal Design).
7. **The Hidden Health Crisis of Downsizing: Why Your Doctor Treats Moving Like Major Surgery** - Reveals the quantifiable risks of crisis moves and gives actionable steps to mitigate Post-Relocation Syndrome.
8. **The Heirloom Hurdle & Grief Work: How to Navigate the Generational Gap** - When your kids don't want your treasures. Provides compassionate advice on handling sentimental possessions without creating family conflict.



SOCIAL PROOF: ENDORSEMENTS

AnnMarie Winter, Executive Director, Area Agency on Aging

"Dr. Bernstein is an engaging speaker who blends humor, a keen intellect, and actionable ideas... I am always looking to partner with innovative speakers who can captivate an audience and make our events memorable. Dr. David Bernstein is all that and more."

Dominic Loffredo, SHRM-CP, Director of Operations, The Million Dollar Solution

"Dr. Bernstein did a fantastic job speaking at our event [keynote address]. Everyone thoroughly enjoyed what he had to share and gave me great feedback on him throughout the event—all 5 stars!"

