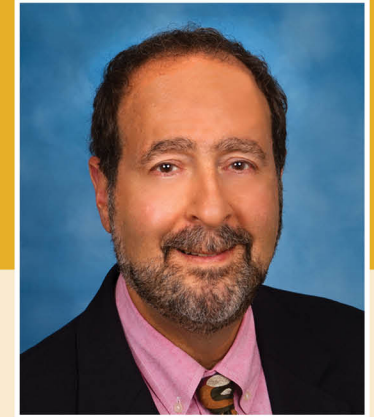


# Meet the Physician Who Can Give Your Audience the Keys to a Longer Life

What if your best friend happened to have 40 years of experience as a longevity doctor and was one of the first to talk about the essentials for living a long, healthy life? Imagine what you could learn from such an expert who, unlike your doctor, would have the time to reveal his secrets without having to rush off to see the next patient.

**David Bernstein**, recently retired, is that pioneering medical doctor who can stand in for that best friend as he shares life-changing advice with your audience. Knowledgeable, kind and concise, he can share his easy to remember Power of 5 Formula or what every thoughtful person needs to know about stress, sex, sweets, sweat and sleep. His formula is based on observations he made in caring for thousands of adults as they aged, some well and others not well at all.



**David Bernstein** graduated from Albany Medical College and is board certified in internal medicine and geriatrics. He is an associate clinical professor in the department of medicine at the University of South Florida College of Medicine. He has written three Amazon Top 20 books: *I've Got Some Good News and Some Bad News: You're OLD*, *Tales of a Geriatrician*; *What to Expect in Your 60s, 70s, 80s and Beyond*; *Senior Driving Dilemmas: Lifesaving Strategies*, and *The Power of 5: The Ultimate Formula for Longevity, Remaining Youthful*.

**Based in Tampa Bay-Clearwater, Florida area**

## Media Experience:

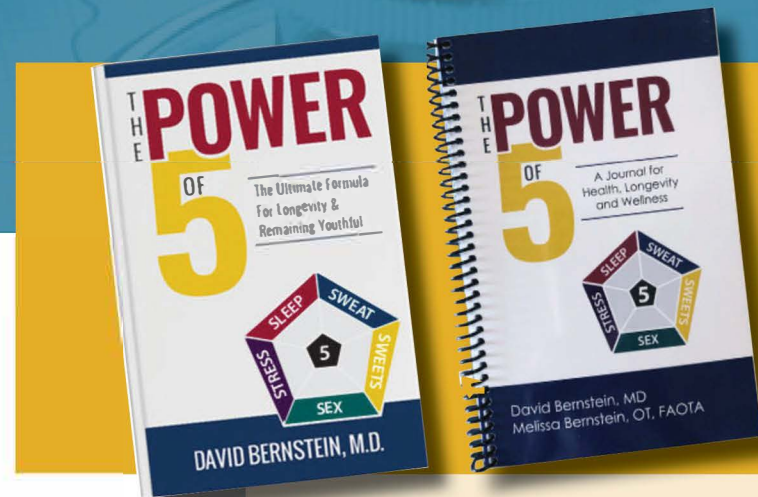
**David Bernstein, MD** has been a guest on the following Podcasts:  
*Navigating the World of your Aging Loved One*, *WillGather Podcast with Nicole Will*  
*Your Employment Matter with Beverly Williams*



**DAVID BERNSTEIN, M.D.**  
PHYSICIAN • AUTHOR • PUBLIC SPEAKER

# SHOW IDEAS:

- Inflammation: What Is It, Why Does It Matter and What Do You Do About It?
- Who Is Your Tribe? Knowing the Answer Is Critical to Long Life
- 5 Easy Steps to Sound Sleep without Pills
- Worried about Grandma's Driving? Taking Away the Car Keys
- Boost Your Memory with These Secrets for Staying Sharp
- Wine, Chocolate and Other Enjoyable Ways to Age with Grace
- Help! My Spouse Won't Give Up Junk Food or Exercise
- The Lifestyle That Protects Your Brain
- Sweets and Your Brain: What's the Connection?
- How to Avoid the Disease That Runs in Your Family



## ENDORSEMENTS What the Media Are Saying

*David Bernstein has been a guest on our Seekers of Meaning podcasts which focus on issues related to aging, spirituality and health. His background in these areas, along with his numerous writings in these areas, have been influential in elevating the conversations about a positive approach to one's aging. His professional and personal commitment to these issues have informed his dedication to this sacred calling."*

— **Rabbi Richard Address, host, Seekers Of Meaning podcast of Jewish Sacred Aging®**

*"... an engaging guest who blended his keen intellect as a geriatrician with actionable tips about the senior driving dilemma for our audience. His books on aging and longevity incorporate his broad knowledge and he is adept at tackling a wide range of medical topics."*

— **Emily Maza Gleason, Ivanhoe Broadcast News**

*"He is a guest who blends his kindness, sense of humor and intellect as a geriatrician with actionable tips for seniors and caregivers in my audience."*

— **Linda Burhans, Host, Caregiver Connections Podcast**

