FRIDAY 13 NOVEMBER 2026

The Talks | Run of Show

2-6 p.m. MST • The Prospector Conference Center

2175 Sidewinder, Park City • Start together. Choose your track. Reconnect.

MAIN STAGE / PROSPECTOR THEATRE

2:00-2:15 P.M. — **Welcome to Vision2050**
Ashley John Heather & Adam St. Simons

2:15-2:45 P.M. — **Longevity State of the Nation**
David Stewart

CHOOSE ONE SESSION IN EACH TIME SLOT

TRACK A

North Theatre

2:55-3:15 P.M.
Metabolic Drift
Dr. Mark Jankowske

3:20-3:40 P.M.
Women Over 50 & HRT
Lindsay Wojciechowski

4:10-4:30 P.M.
Healthy Home Architect
Ken Wilson

4:35-4:55 P.M.
Frontiers in Regenerative Medicine
Dr. Nicholas Kanaan

TRACK B

South Theatre

2:55-3:15 P.M.
Nature and the Nervous System
Melanie Webb

3:20-3:40 P.M.
Gaming & Longevity
Kirk Ouimet & Geremy Mustard

3:45-4:05 P.M. / BREAK / Recharge and connect

4:10-4:30 P.M.
Your Brain Younger
Dr. Greg Eckel

4:35-4:55 P.M.
Diagnostics & Health Data
Dr. Loren Clarke

BACK TOGETHER / MAIN STAGE

5-5:20 P.M. — **The Health/Wealth Gap in Park City**
Dr. Mairi Leining

5:20-5:50 — **Expert panel + audience Q&A**
Hosted by Ashley Heather | Dr. Greg Eckel | Dr. Nicholas “Nick” Kanaan
Melanie Webb | David “Dave” Stewart | Lindsay Wojciechowski

5:50-6 P.M. — **Closing remarks**

SESSION GUIDE / 01

Ideas to take with you

Friday 13 November 2026 • Choose your track • Bring your questions

Longevity State of the Nation

David Stewart | AGEIST / Super Age | Main Stage | 2:15-2:45 p.m.

What does the future of longevity look like - and how should we live while it unfolds? David Stewart explores the tension between the need for major biological breakthroughs and the possibility of continuing gains in healthspan and lifespan. His perspective keeps the whole person in view: taking action to stay healthy while making room for joy, community and connection.

Metabolic Drift

Dr. Mark Jankowske, DO | Enduro Medicine | Track A | 2:55-3:15 p.m.

Metabolic health can change gradually, making it easy to miss the early signals. This session explores those changes and the role of movement, nutrition and daily habits in supporting health over time.

Nature and the Nervous System

Melanie Webb | Biologist, Executive Performance Coach, and Founder of WebbWell | Track B | 2:55-3:15 p.m.

Why do so many of us still feel ·on,· even in the mountains? Biologist and executive performance coach Melanie Webb shares the science, and her own story, of how nature calms the nervous system, and why slowing down may be the most powerful move a Type A ski town can make.

Misconceptions Holding Women Over 50 Back From HRT

Lindsay Wojciechowski, MSN, FNP-C | BVital Clinic, Park City | Track A | 3:20-3:40 p.m.

A useful hormone conversation starts with a clear understanding of your symptoms, goals and personal health risks. Lindsay examines misconceptions that hold women over 50 back from discussing hormone replacement therapy and explores why individual data matters when considering available options. The session helps attendees prepare better questions about testing and breast, heart and bone health.

Gaming & Longevity

Kirk Ouimet & Geremy Mustard | Track B | 3:20-3:40 p.m.

What can video games and computer science teach us about extending a healthy human life? Kirk Ouimet and Geremy Mustard explore the intersection of gaming, technology and longevity in a joint conversation that brings a different perspective to the future of human health.

SESSION GUIDE / 02

Ideas to take with you

Friday 13 November 2026 • Choose your track • Bring your questions

Healthy Home Architect

Ken Wilson, FAIA, FIIDA, FASID, LEED Fellow | Ken Wilson Architecture & Interior Design | Track A | 4:10-4:30 p.m.

We put effort into what we eat and how we move, but how often do we consider the spaces where we spend our time? Ken Wilson explores the relationship between the home environment and wellbeing, challenging the assumption that indoor spaces are automatically safe and healthy.

Your Brain Younger

Dr. Greg Eckel, N.D., M.S.O.M. | BVital | Track B | 4:10-4:30 p.m.

Greg explores the brain's capacity for recovery and why starting early matters. He examines assumptions about memory loss, aging and brain fog, and explains the value of knowing your baseline and understanding what to measure.

Frontiers in Regenerative Medicine

Dr. Nicholas C. Kanaan, MD | Emergency Medicine | Track A | 4:35-4:55 p.m.

Regenerative medicine is an area of growing interest - and many questions. Dr. Kanaan introduces the application of platelet-rich plasma (PRP), stem cells and other biologics in healthcare, explores common assumptions about treatment access, and considers how these approaches relate to personal health goals.

Diagnostics & Health Data

Dr. Loren Clarke, MD | Track B | 4:35-4:55 p.m.

How can medical testing help you understand where you are today? This session explores diagnostics and health data relevant to longevity, including how testing can inform a useful starting point and conversations about what to follow up.

The Health/Wealth Gap in Park City

Dr. Mairi Leining, MD, MPH, FACP | CEO, People's Health Clinic | Main Stage | 5-5:20 p.m.

In a community known for wealth and outdoor living, healthcare access can still be out of reach. Dr. Mairi Leining explores how the people who power Park City's economy can be left out of its healthcare, challenges assumptions about access in a wealthy town and considers how the community can help.