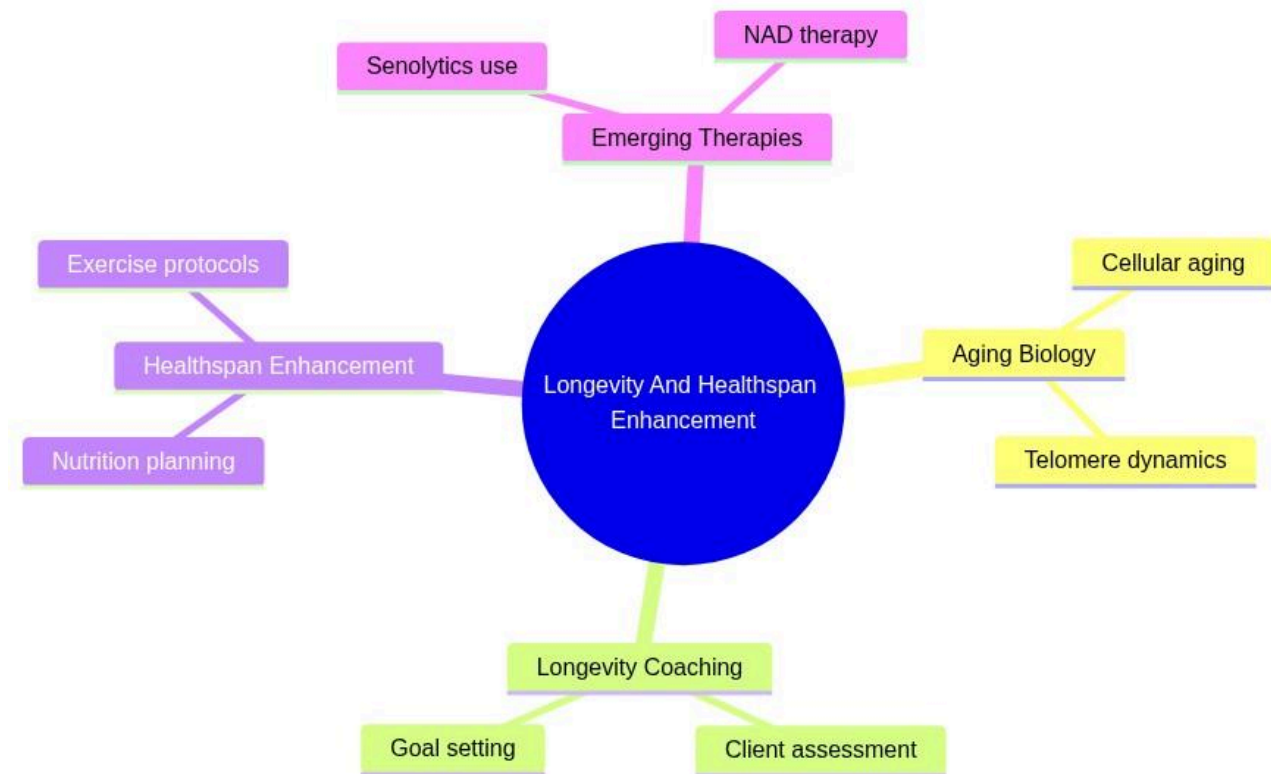


Professional Certificate in Longevity Coaching

# Longevity And Healthspan Enhancement



mindmap

```
root((Longevity And Healthspan Enhancement))
  Aging Biology
    Cellular aging
    Telomere dynamics
  Longevity Coaching
    Client assessment
    Goal setting
  Healthspan Enhancement
    Nutrition planning
    Exercise protocols
  Emerging Therapies
    Senolytics use
    NAD therapy
```