

The Power Of 5

The Ultimate Formula for Longevity and Remaining Youthful

Will I see my goals become a reality and be there to watch my children mature? Will I keep my mental acuity and maintain my health as I age? These are common pressing questions that we should all consider.

David Bernstein MD, is the man with the answers to these questions, as well as many other longevity challenges. An engaging and entertaining public speaker, **Dr. Bernstein** is a highly respected physician, board certified in both Internal Medicine and Geriatrics, with 40 years of experience in his field. His insight and ability to monitor patient patterns and outcomes make him a sought-after expert and presenter.

Dr. Bernstein is a graduate of Albany Medical College and has served as chairman of his hospital's Pharmacy and Therapeutic committee for 20 years helping to improve patient safety and outcomes. As an associate clinical professor in the department of medicine at the University of South Florida College of Medicine, he has taught his acquired skills to first- and second-year students.

Dr. Bernstein has 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 and Remaining Youthful*. ([Amazon.com](https://www.amazon.com))

Dr. Bernstein is available to speak to corporate, HR, professionals, retirement communities/organizations, staff training, health and wellness groups, nutrition conferences, caregivers, etc.



David Bernstein, MD, possesses a lifelong interest in preventive health and longevity, which inspired his choice of career and his thirst for knowledge about successful aging. His 40 years of experience as a physician has provided him with opportunities to observe and empathize with thousands as they age. His insight and ability to monitor patient patterns and outcomes compelled him to share what he has learned with others.

To exercise his brain, **Dr. Bernstein** writes about his experiences. Scientific research has shown that developing new skills such as writing and publishing leads to neuroplasticity and neurogenesis. Writing keeps the mind active and growing.

Dr. Bernstein's civic activities, speaking appearances, eating lifestyle and exercise program are examples of putting to practice the principles he preaches in order to increase longevity. He also enjoys traveling with his wife and has been improving his photographic skills along the way.

Dr. Bernstein is an engaging and entertaining public speaker, addressing various medical topics with his colleagues and with the community at large, focusing on individuals and families facing the complex problems of aging and remaining healthy and youthful.



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

Virtual and Live Speaking Topics for Keynotes, Seminars, Lunch & Learns, and Podcasts Include:

The Power of 5! The Ultimate Formula for Longevity and Remaining Youthful - Decipher the Major Health Determinants: Stress, Sex, Sweets, Sweat & Sleep

Keep Their Lights On! - Dr. Bernstein's Blueprint to Help Your Employees be Engaged, Energized, Healthy and Productive

INFLAMMATION The Hidden Enemy. - What is It? How to Avoid It? How to Reverse It?

Aging GRACEfully - The Transformational Power of Goals, Roots, Attitude, Companionship, Environment

Mental Health: It's time to stop ignoring this major component of overall health

Building Resilience - The 10 Key Elements to Positively Impact Your Workforce, Your Organization, and Your Bottom Line

Endorsements:

Dr. David Bernstein was the keynote speaker at our 2021 Area Agency on Aging. He is an engaging speaker who blends humor, a keen intellect, and actionable ideas to an audience of mostly policy makers, aging network providers and clinicians. I admire **Dr. Bernstein's** work as a geriatrician who has helped many seniors and their families navigate the chronic and acute conditions they are living with. As an AAA Executive Director, 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.

– Ann Marie Winter, Executive Director, Area Agency on Aging

Dr. Bernstein did a fantastic job speaking at our event [keynote address]. He went above and beyond to make sure that he appealed to our direct audience which was a range of health & legal care professionals. Everyone thoroughly enjoyed what he had to share and gave me great feedback on him throughout the event – all 5 stars!

– Dominic Loffredo, SHRM-CP, Kolbe Certified Consultant, Director of Operations, The Million Dollar Solution

