Maddy Dychtwald

Co-Founder and President, Age Wave

GLOBAL FUTURIST
KEYNOTE SPEAKER
AWARD-WINNING AUTHOR



AgeWave



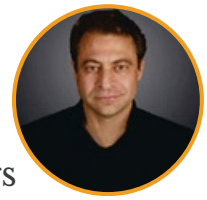
Longevity and the New Frontier of Ageless Aging

The Longevity Revolution is here, and it's rapidly changing every industry in the world.

For the first time in history, there are more than 2 billion adults over the age of 50. And that's just the beginning of the story, as the number of older adults is projected to double in the next three decades. Your consumer base is dramatically transforming, creating unprecedented opportunities and challenges for your business, for your customers, and for you.

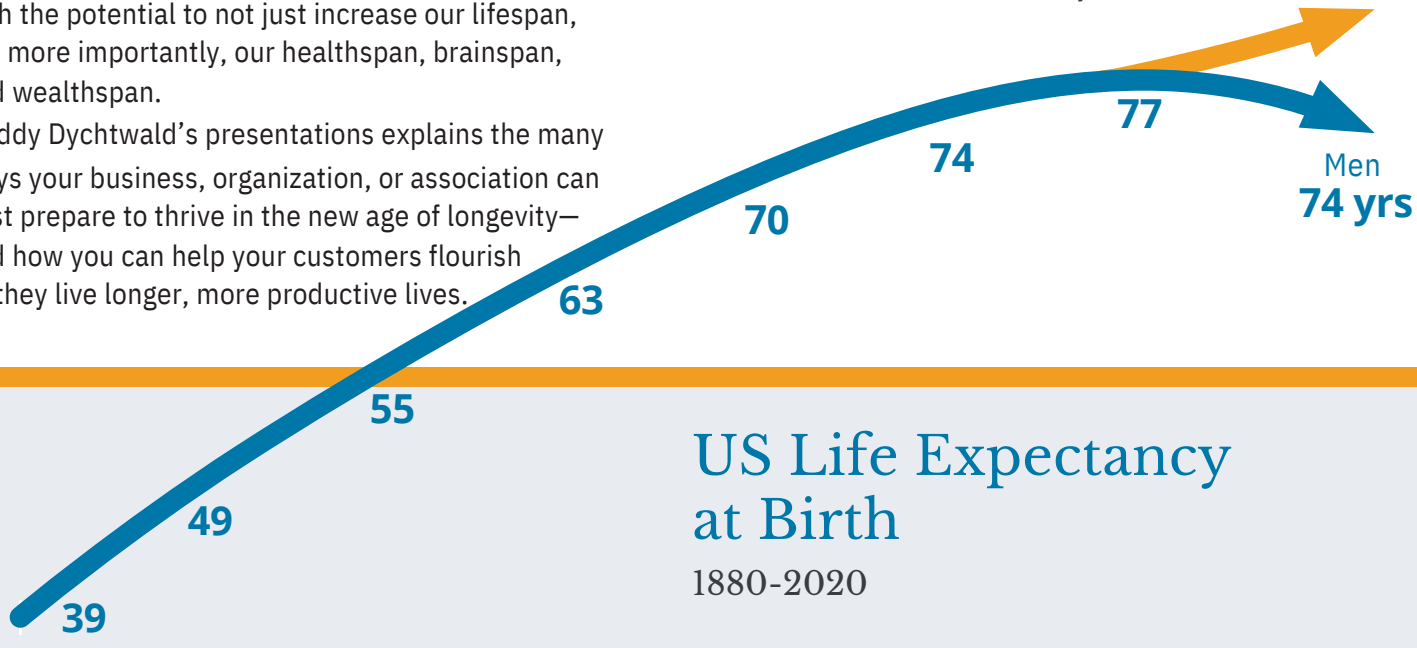
The good news is, there is a tremendous upside to living longer today, as longevity science gives us new and constantly evolving ways to age more agelessly—with the potential to not just increase our lifespan, but more importantly, our healthspan, brainspan, and wealthspan.

Maddy Dychtwald's presentations explains the many ways your business, organization, or association can best prepare to thrive in the new age of longevity—and how you can help your customers flourish as they live longer, more productive lives.



"We're in the midst of a healthspan revolution. Maddy Dychtwald brings together the best-of-the-best expert advice, breakthrough research, and practical action steps to help individuals take control of their future."

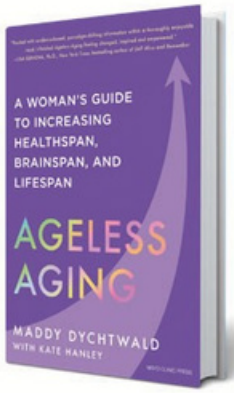
–PeterH. Diamandis, MD
Founder/Chairman, XPRIZE; NYTimesBestSelling Author of *Abundance, BOLD and Life Force.*



US Life Expectancy at Birth

1880-2020

We have the power to better match our healthspans to our lifespans, with extra years full of purpose, joy, and vitality.



As Maddy describes in her highly anticipated new book, *Ageless Aging: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan*, (May 2024, Mayo Clinic Press), we can create our own holistic recipe for ageless aging.

Maddy shares simple but potent changes everyone can make, from changing our attitudes towards aging to what we eat and how we move our bodies, from learning to take control of our healthcare to building new purpose and social connections, from understanding and managing brain health and hormones to taking control of our financial security—at age 40, 50, 60, 70, 80 and beyond.

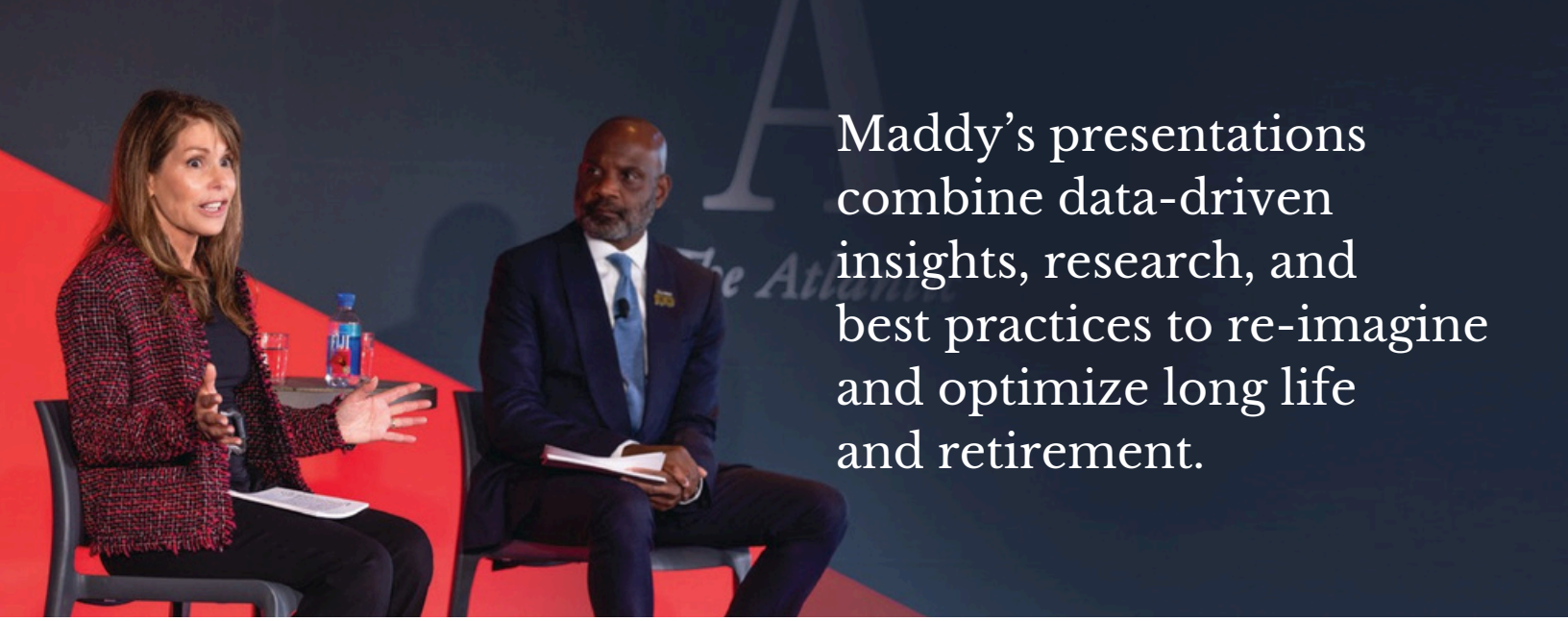
> "Maddy delivers powerful insights and opportunities into the **infuential and lucrative women's 50 market.**"
>
> – Stephanie Fischer, President and CEO, Global Retail Marketing Association

About Maddy

Recognized by Forbes as one of the top 50 female futurists globally, Maddy Dychtwald has spent nearly four decades exploring all aspects of the age wave and the new era of longevity and how it is fundamentally transforming our lives.

Maddy is an award-winning author, acclaimed public speaker, and thought leader on longevity and aging, health, wellness, and the new retirement. A successful entrepreneur, she is also the Co-Founder and President of Age Wave, the world's leader in understanding and addressing the far-reaching impacts of longevity and our aging population.





Maddy's presentations combine data-driven insights, research, and best practices to re-imagine and optimize long life and retirement.

- **Deepen your understanding** of the new longevity and the ever-growing, influential 50+ consumer
- **Discover actionable** strategies, techniques and hacks sought by your consumer base
- **Seize the opportunity to innovate** and develop new products and services to capture and better serve your consumer's changing needs and desires

> "Maddy's personal and interactive presentation **injected powerful, and provocative marketing paradigms** and inspired innovation."
>
> – Nira Jang, USA Trends, Coca-Cola USA

> "Maddy's wonderful presentation was timely, informative, entertaining, and highly relevant to our audience!"
>
> – David R. Smith, Co-Founder, Financial Advisor Magazine

A sample of Maddy's client list includes:

VI · NOVARTIS · American Society on Aging · Pfizer · Edward Jones · charles SCHWAB · CSA Society of Certified Senior Advisors · UnitedHealthcare · EQUITABLE · Johnson&Johnson · U.S. Chamber of Commerce · JACKSON · MOTOROLA · BANK OF AMERICA · Coca-Cola · ctpa · Allianz · BlueCross BlueShield · GRMA · SHRM BETTER WORKPLACES BETTER WORLD · Home Care Association of America

We are at a tipping point in history, witnessing a revolution in aging, longevity, wellness and health.

Customizable Presentations

- TheNew Retirementin theAge of Longevity
- Ageless Aging: A User's Guide to Increase Your Healthspan, Brainspan, Wealthspan, and Maybe Even Your Lifespan
- The Impact of Longevity on Women and Money
- The Future is Here: Exploring Breakthroughs in Health, Wellness, and Ageless Aging



"Maddy broadens the longevity conversation: how to **navigate ageism, rewrite our own attitudes about getting older**, and purpose, foster connection, and manage your fnances throughout a longer lifespan."

– ***Dr. Kara Fitzgerald, ND, IFMCP,*** *Author, Younger You: Reduce Your Bio Age and Live Longer, Better*

Video highlights



An Introduction to Maddy Dychtwald



The New Retirement in the Age of Aging



Ageless Aging, Women,andLongevity



Matching Healthspans to Lifespans

To scheduleakeynote,pleasevisit **www.agewave.com** or contact **presentations@agewave.com or 510-899-4014.**