



Heather Rogers

ENTERTAINING SPEAKER | EPIGENETICS EXPERT

Turn the tables on your family history of illness, be at your peak for longer periods of time, outwit depression and the 'middle age spread' with Epigenetics. Together, we'll unlock the secret code to lasting wellness and human optimization in this interactive, educational and brilliantly entertaining keynote.

"The Longevity Code"

4 Keys to Growing Younger & Living Longer Through Epigenetics

3 Big Benefits & Takeaways

Education

- Learn how to turn back your biological aging clock through maximizing your sleep, exercise, diet and relaxation.
- Outwit cognitive decline and stay mentally sharp.

Action

- Crack the code to your specific health needs through personalized wellness and get empowered to change how your body reads your DNA sequence.
- Be able to stay active and full of energy.

Inspiration

- Change starts NOW. Get motivated and inspired through individual and group activities and fun, interactive entertainment.
- Ignite your imagination by learning about the future of human optimization.

What is Epigenetics?

The CDC definition

"Your genes play an important role in your health, but so do your behaviors and environment, such as what you eat and how physically active you are. Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work."

Heather Rogers

Entertaining Speaker | Epigenetics Expert

Heather Rogers is a bona fide triple threat: Professional Keynote Speaker, Award-Winning Corporate Magician and Certified Epigenetics Coach.

With a career spanning 20+ years, Heather has presented custom written programs at over 4,000 public and private events for Fortune 500 companies such as Genentech, Google, TEDx, HP, Kaiser Permanente and Apple in the San Francisco Bay Area, at Barack Obama's Inaugural Ball in Washington D.C. and Caesars Palace in Las Vegas.

Velia Rizzo

Moderator

Velia is Heather Rogers' business, writing and presentation partner. She has moderated programs for the Professional Convention Management Association (PCMA), CommonSpirit Health (Dignity Health), American College of Surgeons and Edwards Life Science, among others.

"A wellness program like no other: Truly entertaining, engaging and educational."

- Lisa Chui, Kaiser Permanente

"Superb speaker, consummate entertainer."

- Rita Moreno, Oscar, Emmy, Grammy and Tony award-winning performer

