



A collaboration between  
Loma Linda University (LLU) – CA, USA,  
Federal University of São Paulo (UNIFESP) – SP, BR  
Adventist University Center (UNASP) – SP, BR

## International Forum Lifestyle and spirituality in old age Loma Linda - Unifesp - Unasp-sp

October 17<sup>th</sup> 2024

9:00 – 11:30 am in Loma Linda / 1:00 – 3:30 pm in Sao Paulo

Welcome and prayer - Loma Linda

Lifestyle and Spirituality – Blue Zone Loma Linda

Lifestyle and Spirituality: 7 Ways to Improve Health

Ruthinea F.M. Cardoso – Unasp-SP

Edemilson A. Cardoso – Unasp-SP

Mediator

Luiz R. Ramos - Unifesp

Closing Remarks

Those registered you will be entitled to a certificate

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