

Metabolic Ageing From Inside: 40+ What Changes. What We Can Change



40+ 代谢老化 Metabolic Ageing from Inside

- ✓ 代谢健康 Metabolic health
- ✓ 胰岛素阻抗 Insulin resistance
- ✓ 体重与身体组成
Weight & body composition
- ✓ 长期健康 Long-term wellness



12th November 2026
(Thursday)



6.00pm - 7.30pm



IEM Penang
Secretariat Office
e-Gate Level 4
unit 1-4-02

*Ever wonder how to JAGA your health after turning 40?
Fret not and grab hold of this **FREE** Health Talk!*



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Metabolic Care Pharmacist
Integrative Nutrition Health Coach

