

Fast Facts

L.J. Rohan and Gerontology

I am a professional Gerontologist and expert in aging, with a specialty in guiding and helping women ages 55 and older to age more vibrantly.

My research and recommendations make it possible to change and improve the path of aging throughout our lives.

I bring together the best science on the body, mind, and spirit to advise the whole woman.

I offer no-nonsense, easy to understand, science-backed recommendations, which are free of pharmaceuticals and free of prescription drugs.

I walk the walk and talk the talk: I am a mid-life woman myself, so I live my experience and research every single day.



WHY YOUR AUDIENCE CARES

- Women over 55 are a powerful demographic who number more than 48 million in the United States and more than 175 million worldwide in 2018 alone. Approximately a quarter of a million more women reach age 55 every year.
- Until recently there existed no expert to address the needs of these women, which were left by the side of the road by the majority of the medical community and routinely ignored and over-looked.
- Your audience will receive cutting-edge research and well-documented solutions on how to live a vibrant life. I articulate the latest research across a myriad of scientific and medical communities in no-nonsense, layman's terms.

"I believe in sharing solutions for women ages 55 and over, and holding their hands and educating them on how to take care of themselves and their friends."

- L.J. Rohan, Professional Gerontologist