



Aging With Intention: A Smarter Approach to Living Well Longer (Webinar)

Add vitality, mobility, and clarity—not just years—to your life.

Healthy aging doesn't happen by chance—it's shaped by intentional choices made over time. In this engaging webinar, Dr. Ronan Factora of Cleveland Clinic and CAPTRUST's Head of Wealth Management Eddie Welch explore how proactive decisions can support long-term vitality, independence, and quality of life. Drawing on evidence-based insights, Dr. Factora will highlight the core drivers of longevity, including mobility, cognitive and metabolic health, preventive care, and early intervention.

Alongside the discussion on physical well-being, Eddie will connect the dots between health and financial confidence, underscoring how thoughtful planning in both areas can help reduce uncertainty, support access to quality care, and preserve independence as we age. Designed for individuals who value a holistic approach to well-being, this session offers practical strategies to help you protect what matters most—your health, your lifestyle, and your future.

For a copy of the transcript, [click here](#).



Cleveland Clinic



Dr. Ronan Factora

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