



Premier Women's Health - Oakdale OBGYN
9825 Hospital Drive, #20
Maple Grove, MN 55369



Live Well, Longer

Saturday | November 7, 2026

8:00 A.M. – Noon

Pinstripes Edina

Live Well, Longer

Practical strategies for strength, health, and connection.

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Co-presented by



Oakdale OBGYN
OBGYN West



Live Well, Longer

Practical strategies for strength, health, and connection.



Longevity is about more than adding years to your life—it's about feeling strong, connected and well along the way. Join us for a morning of practical, honest conversations about the health issues that shape how women feel and function through midlife and beyond. Together, we'll explore weight and GLP-1 medications, heart health, strength and stability, intimacy, pelvic health, and spiritual wellbeing in supporting mental health. You'll leave with clearer information, useful strategies and fresh ideas for living well for the long run.

Our Plan

8:15 a.m. **Registration sign-in, light breakfast**

8:20 a.m. **Welcome**

8:30 a.m. **GLP-1 Truths: Cutting Through the Hype | Robin Prugno, DO – Premier Women's Health - Oakdale OBGYN**

GLP-1 medications have changed the conversation about weight, health and longevity—but headlines and social media do not always tell the whole story. This session separates fact from fiction, including what these medications can and cannot do, who may benefit, potential side effects and what happens beyond the prescription. Learn how GLP-1s may support long-term health and make informed decisions with your health care provider.

9:00 a.m. **Strong, Steady and Built to Last | Bridgett Bonte-Chun, DPT, COMPT, Premier Women's Health - Oakdale OBGYN & OBGYN West**

Strength and stability are essential to staying active and capable throughout life. This session explores how muscle strength, balance, and your core work together to support movement, posture and a healthy pelvic floor. Learn practical ways to build strength, improve stability and protect the muscles that support the pelvis—helping you move through life with confidence.

9:30 a.m. **A Sex Life That Grows With You | Amanda Holmberg, MS LMFT, Sexual Wellness Institute**

A fulfilling sex life isn't about finding what works and keeping it that way forever. As we grow and change, so can the ways we experience pleasure and connection. This session explores what shapes sexual desire, why differences in desire are so common, and how to communicate more openly about sex. You'll leave with a better understanding of your own sexuality and practical ways to make room for change, connection, and continued discovery.

10:00 a.m. **Break & light snack**

10:20 a.m. **Heart Health for the Long Haul | Ashley Mays, MD, FACC – North Memorial Heart & Vascular Clinic**

Learn what you can do to protect your heart as you age. This session will explore the latest understanding of cardiovascular risk in women, how hormonal and life-stage changes may affect heart health, and practical steps you can take to support vitality and longevity.

10:50 a.m. **Spiritual Well-Being & Longevity: What's the Connection? | Patty Hlava, Ph.D., Professor, Sofia University**

A strong sense of meaning, connection and purpose may help us live longer and better. Research links these qualities with greater emotional resilience, healthier aging, and a lower risk of cognitive decline. Spiritual practices may support longevity by reducing chronic stress, strengthening relationships and helping people remain engaged, hopeful, and connected throughout life.

11:25 a.m. **Q & A**

As we draw our morning to a close, here's a chance to ask your questions and learn from others who share your interests.

Questions? Call Jami at 763-587-7022



Snacks and
water will be
on-hand.



Wear comfy
clothing.



Bring a friend or
family member
with you.

Registration

SATURDAY, NOVEMBER 7 | 8:00 A.M. – NOON

Pinstripes | 3849 Gallagher Dr., Edina, MN 55435

Registration is required and space is limited. Secure your spot today!

Registration deadline is Oct. 30, 2026.

Cost: \$15 for you and \$20 for you and a friend who will have fun attending with you. Fees cover administrative costs and event materials. Registration is non-refundable.

Your Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

3 Ways to Register

Online or QR Code

premierwomenshealthmn.com/livewell

US Mail

Make checks payable to:

Premier Women's Health - Oakdale OBGYN

Attn. Jami

9825 Hospital Drive, #20

Maple Grove, MN 55369

Credit Card

Visa or Master Card _____

Expiration Date _____ Authorization Code _____



**Scan code
to register**

