

# Niall Ronan

Join Niall Ronan, a former professional rugby athlete and expert in Strength and Conditioning, qualifications counselling and psychotherapy, as he delves into a dynamic talk on longevity. Backed by science and Niall's life experience, this session explores the interconnected realms of exercise, nutrition, breath work, brain health, cold water exposure, sauna therapy and social connection.

Discover practical insights to enhance your well-being, Men's health and longevity while gaining valuable knowledge from Niall's diverse expertise.

## Topics Covered:

- Longevity
- Physical Wellbeing
- Self-Care
- Men's Health

