

ABOUT

Welcome to Healthy Boomer Online,

I'm Pam McKeen and this site is dedicated to empowering Baby Boomers with the information and resources that will help you develop healthy aging so you can lead an active and productive life.

Although you can't stop the process of aging, you do have the power to slow the aging process. New Anti-aging research is providing us with answers on how to rejuvenate our body, generate mental alertness and develop greater body strength. That's just the tip of the iceberg. Baby Boomers, by volume, are pushing scientist and researchers to find more ways to keep our bodies fit and healthy beyond our 100th birthday. This is definitely a probability. However, how you choose to live your remaining years depends on what you decided to do for yourself right now.

Healthy Boomer Online will provide you with expert speakers that are actively working in the fields of Health, Wellness and Anti-Aging. As well, you will find resources and information that will empower you to make the right decisions regarding your own health and wellness.

I watch now as my parents regress from being healthy and active to being unwell; requiring care and assistance. There isn't much quality in the life they're living. I'm sure many of you can relate to this scenario.

As a Baby Boomer, I realize that I have suddenly reached the Third Phase of my life and I am already seeing the changes. Unlike Phase #1 and #2, this phase requires some planning, readjusting and research if I intended to remain healthy and active. So, I am on this mission to find the answers, talk to the people that know and bring it here for you.

So, join me in this Revolution and we'll create the path to Health and Wellness together.

Warmest Regards,

