



TORONTO  
2025

TICKETED WORKSHOP | \$25

# BUILD YOUR PRACTICE WITH PRECISION HEALTH

JOIN US | 1PM TO 4PM

## NOV 19

Join Dr. Elaine Chin and her team from The Bespoke Wellness Group for a high-energy workshop to **learn how to earn with Health-in-a-Box™** by applying metabolic, hormonal, and nutritional science to everyday patient care. Designed for meaningful results and scalable success, **this masterclass bridges clinical science and business strategy** to turn precision health into real-world impact.

CE-accredited Business Masterclass for Allied Health Professionals

### LET'S TALK HEALTH-IN- A-BOX

### SESSION 1 WHY THIS WORKSHOP MATTERS

### SESSION 2 DECODING THE SCIENCE

### SESSION 3 TURNING INSIGHT INTO INCOME

HOST



**Elaine Chin**  
MD, MBA

Founder,  
Longevity Physician



**Karlee Handy**  
BSc, ND



**Tiffany Tsliker**  
BSc, ND

Naturopathic Doctors



**Connor Anderson**  
BA, ND



**Vince Antonacci**  
CEO

The Relevant Agency  
Brand Strategy

**Together,**  
let's help people thrive  
and be resilient.  
Limited seats available!

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### Location

Toronto Reference Library  
789 Yonge Street, Toronto  
in the Bram & Bluma Appel Salon

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EVENT  
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Refreshments sponsored by Designs for Health.

## WORKSHOP SESSIONS

### SESSION 1 WHY THIS WORKSHOP MATTERS

#### The Human Advantage in a Digital World

**Speaker: Dr. Elaine Chin, MD**

As AI transforms the way people access health advice, Dr. Elaine Chin shows why the real differentiator is still human insight, care that is meaningful, impactful, and purposeful. Through real examples, she illustrates how collaboration among allied health professionals can offset the limits and risks of AI coaching by adding interpretation, empathy, and accountability. This opening session reframes the role of practitioners: blending science with connection to multiply impact, strengthen trust, and future-proof your practice in a digital world.

### SESSION 2 DECODING THE SCIENCE

#### Democratizing Access to Longevity Medicine

**Speakers: The Bespoke Wellness Group Clinical Team**

Dr. Chin and her team reveal how Health-in-a-Box™ brings the science of longevity to every practice—democratizing access to precision testing and data-driven insights once reserved for elite clinics. Through the lens of metabolic health, hormonal balance, and nutrient optimization, the Bespoke team distills decades of experience into practical, real-world applications that help practitioners translate complex diagnostics into personalized, actionable care.

#### Metabolic Health Presented by Dr. Connor Anderson, ND

Dr. Anderson demonstrates how to interpret key metabolic markers, including LDL, HDL, triglycerides, lipoprotein (a), lipoprotein B, HbA1c, glucose, insulin, CRP, and homocysteine, and integrate results into a cohesive case study that reveals the underlying drivers of metabolic dysfunction.

#### Hormonal Balance Presented by Dr. Karlee Handy, ND

Dr. Handy explores the impact of estrogen, progesterone, testosterone, cortisol, and melatonin on energy, sleep, and mood across life stages, showing how hormonal assessment can uncover root causes of performance decline and resilience challenges. She demonstrates how salivary hormone testing captures fluctuations in bioavailable hormones and daily rhythm patterns that serum testing often misses providing a more complete understanding of how stress, sleep, and life stage affect true hormonal balance.

#### Nutrient Optimization Presented by Dr. Tiffany Tsliker, ND

Dr. Tsliker highlights how comprehensive micronutrient testing, including vitamins, minerals, amino acids, and fatty acids, directly influences metabolic efficiency and hormonal balance. She explores how optimizing nutrients such as creatine, protein, and collagen is key in supporting energy production, muscle integrity, and recovery across life stages. She concludes by emphasizing why professional-grade supplementation is essential to achieving measurable clinical outcomes.

## WORKSHOP SESSIONS

### SESSION 3 TURNING INSIGHT INTO INCOME

#### The Business of Precision Health

**Speakers:** Dr. Elaine Chin, MD and Dr. Karlee Handy, ND, and Vince Antonacci, Business Strategist & Growth Architect

Dr. Chin and Dr. Handy lead a candid discussion on what truly works and what doesn't in today's evolving wellness marketplace, sharing insights from both the clinical and entrepreneurial front lines. They explore how practitioners can balance evidence-based care with profitability, scalability, and patient trust in an industry being rapidly reshaped by technology.

In the second half, Dr. Chin is joined by special guest Vince Antonacci, a business strategist and growth architect, to examine how artificial intelligence is transforming the future of healthcare and why those who adapt will thrive while others risk being left behind. Together, they introduce the **Health-in-a-Box™ Affiliate Program**, showing how practitioners can integrate testing, reporting, and personalized coaching into their practice models leveraging both technology and human insight to deliver measurable results, build resilience, and future-proof their careers.

### TAKEAWAY WHAT YOU'LL LEARN

#### Learning Outcomes That Power Your Practice

By the end of this 3-hour CE-accredited workshop, you'll understand why metabolic health is the foundation of long-term wellness and learn how to interpret both bloodwork and saliva testing through a functional lens. Discover when and how to use hormone testing, master key metabolic and nutrient biomarkers, and learn to integrate multiple lab modalities for a complete clinical picture. Leave with practical, real-world insights to strengthen your diagnostic confidence and elevate your patient outcomes.

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