CREATE CURES FOUNDATION

FOREVER HEALTHY

Longevity Starts in School

Habits for a healthier life.

Healthy eating. Active living. Better sleep.

FREE FOR PARTICIPATING SCHOOLS
Delivered at your school. 90 minutes total.

A program by Create Cures Foundation, with the support of the Tarsadia Foundation.

CREATE CURES FOUNDATION

TARSADIA FOUNDATION

About Create Cures Foundation

Create Cures Foundation is a 501(c)(3) nonprofit organization founded by Professor Valter Longo. Its work brings together scientific research, education, nutritional assistance, and healthy lifestyle support to promote lifelong well-being and disease prevention. Through its educational initiatives, the Foundation helps students, families, and educators understand the connections between nutrition, physical activity, sleep, and long-term health.

About Professor Valter Longo

Professor Valter Longo is a professor of gerontology and biological sciences and Director of the USC Longevity Institute. His research explores the relationship between nutrition, aging, and long-term health. In 2018, TIME magazine named him one of the 50 Most Influential People in Health Care. He was also recognized by Clarivate as a Highly Cited Researcher each year from 2021 through 2025, reflecting the influence of his scientific publications.

FOREVER HEALTHY brings the Foundation's commitment to science and accessible education into the classroom.

Scan to visit our website

Please share your school's name, contact person, participating grades, approximate student numbers, and preferred dates.

Join the program

Help your students build healthy habits for the future.

Interested in bringing FOREVER HEALTHY to your school? Contact us to request a free workshop.

We work with your school to coordinate a suitable date and organize the visit.

CONTACT: education@createcures.org
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Longevity Starts Young

Everyday habits that support a healthier life.

01 UNDERSTAND

Healthy habits start withunderstanding

With support from the Tarsadia Foundation, Create Cures Foundation will offer high schools in Los Angeles and Orange County a free, 90-minute interactive health education program exploring how nutrition, physical activity, sleep, and everyday lifestyle choices support health and well-being.

Teenagers navigate busy schedules, changing routines, and often conflicting health advice. FOREVER HEALTHY gives students an opportunity to learn with qualified professionals, ask questions, and explore achievable habits that fit their everyday lives.

The program connects scientific knowledge with practical choices, helping students understand how healthy lifestyles can support well-being today and long-term health.

02 EXPLORE

What will students explore?

Nutrition and hydration. Balanced meals, everyday food choices, and the importance of staying hydrated.
Physical activity. Enjoyable ways to move more, build active routines, and reduce prolonged sitting.
Sleep and rest. Why sleep matters and how daily routines can support better rest.
Digital habits. Balancing screen time with movement, sleep, and time outdoors.
Everyday well-being. Making room for rest, social connection, and habits that support a balanced lifestyle.
Content and activities are tailored to high school students, encouraging curiosity, participation, and realistic changes.

03 TAKE PART

What your school receives

An interactive workshop on healthy lifestyles. An engaging session connecting nutrition, movement, sleep, and everyday well-being through practical examples, discussion, and participatory activities.
Personalized, one-to-one health and lifestyle Q&A. An opportunity for students and teachers to ask the expert team questions and explore how to apply the workshop's ideas in daily life.
Take-home resources. Recipes, practical nutrition tips, and lifestyle resources that students can use and share with their families.
The workshop and Q&A session last approximately 90 minutes in total and are offered at no cost to participating schools.

Practical learning. Expert support.

FOREVER HEALTHY helps students develop the knowledge and confidence to make informed choices about their health.
The program benefits from the supervision and support of pediatricians specializing in nutrition, specialists in physical activity and exercise, and Professor Valter Longo of the USC Longevity Institute. Their expertise helps ensure that the educational content is scientifically grounded, age-appropriate, and relevant to teenagers.