

Dean *Walters*

HEALTHY AGING SPEAKER, AUTHOR,
SENIOR PERSONAL TRAINER AND
FOUNDER OF AGING BOLDLY

Speaking Topics

UNFINISHED BUSINESS: THE INDEPENDENCE PLAYBOOK

Not done yet? Perfect. Dean uses humor, memorable stories, and a clear step-by-step framework to help older adults reclaim strength, confidence, and independence—starting now.

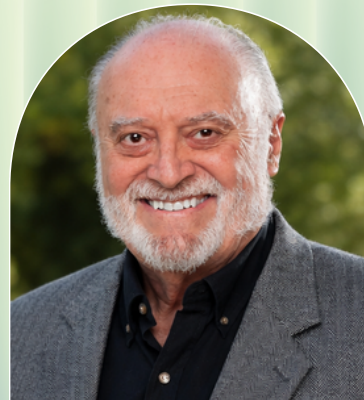
LOVE THEM. DON'T LIFT THEM.

A practical, no-nonsense keynote for adult children who want to help their parents stay strong, safe, and independent as long as possible. Dean blends humor, memorable stories, and a clear action plan families can use immediately to reduce preventable falls, frailty, and "crisis decisions" while keeping love in the relationship.

Bio

Dean Walters is a healthy aging speaker, award-winning author, Certified Health Coach, and Certified Personal Trainer who coaches older adults to rebuild their strength, mobility, and confidence. Drawing from both professional training and personal transformation, he challenges the belief that decline is inevitable and inspires people to age with greater purpose, independence, and possibility.

As Seen In:



"Truly Inspiring!"

Dean's talk was an inspiring, straight from the hip and heart roadmap to keep or rebuild strength, and get back in your game no matter what age. Truly life changing!

JEANNIE WEISS
CEO, Weiss Wellness



Contact

BOOK A CALL WITH DEAN

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