



SYDENHAM CLINIC
PRIVATE HEALTH MANAGEMENT

COVID POLICY
MEMBER PORTAL

ABOUT THE SYDENHAM METHOD MEMBERSHIP EVENTS TEAM CONTACT PRESS Log In

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EVENTS WITH A CAUSE

Longevity and lifestyle events inspired by the Blue Zone philosophy

Research of the healthiest and longest living people on Earth shows that the contributing factors are: healthy habits, a strong sense of purpose, lifelong learning, and the support of belonging to a community



MORNING MANTRAS

Weekly classes with one of our wellness experts on meditation, mind, and body practices in our courtyard or studio.

Followed by longevity and vitality chats with our clinic team.

Refreshments & Blue Zone inspired nibbles served.

From:

\$25

Complimentary for Concierge Members

Book Now



STORY THYME

Join us every Wednesday for herbside conversations and cooking demonstrations with James Beard nominee and former TopChef Master, Monica Popel

5 pm: Welcome Cocktails & Blue Zone inspired hors d'oeuvres.
Pop-up experiences and trunk show.
6-7:30 pm: Cooking class

From:

\$75

Complimentary for Concierge Members

Book Now



LONGEVITY HAPPY HOURS

1st & 4th Thursdays

Optimize your health by learning about genomics, hormones, nutrition, and other longevity topics with one of our experts.

2nd & 3rd Thursdays

Classes with one of our wellness experts on meditation, mind, and body practices in our courtyard or studio.

Followed by happy hour.

From:

\$25

Complimentary for Concierge Members

Book Now

CHARITY ART GALLERY

Artwork by members of the Sydenham Clinic community

Philanthropy is a core value at Sydenham Clinic. To give back to the community we are donating a portion of the proceeds raised by the sale of art to Breathe Easy USA.

Breathe Easy USA is a charity committed to bringing better healthcare choices, support and aid to communities struggling with Pulmonary Diseases

[Call us to schedule a visit.](#)



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Map Satellite
Directions

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