



American Academy of Anti-Aging Medicine

Founded in 1992 by Dr. Ronald Klatz and Dr. Robert Goldman, A4M is rooted in a forward-focused mission to redefine modern medicine, **The American Academy of Anti-Aging Medicine (A4M)** is the established global leader for continuing medical education in longevity medicine, metabolic resilience, and whole-person care.

The Metabolic Medical Institute (MMI) serves as a branch of A4M that delivers graduate level education designed to produce the complete practitioner in all aspects of anti-aging medicine. MMI has adopted a variety of educational resources to deliver in-person, on-line, synchronous, and asynchronous mixed methods learning experiences ranging from one day workshops to month long courses.

Together, A4M/MMI provides an advanced network of continuing medical education opportunities including traditional CME events, intensives curriculum-based courses, university-level certification programs, in-depth workshops, and more.

In consistently pushing beyond the traditional standards of healthcare and disseminating the latest and most innovative clinical strategies in modern medicine, A4M has spent nearly three decades equipping thousands of clinicians from across the globe to combat the growing burden of age-related disease and improve the human healthspan—and we are just getting started.

Mission & Philosophical Foundations

Our mission is to redefine modern medicine by providing clinicians with the education and resources needed to provide whole person care that optimizes healthspan and vitality for patients worldwide.

Our Main Pillars:

Clinical Information Management

We help clinicians advance their diagnostic capabilities by learning advanced testing tools and biomarkers which they incorporate into a clinical systems biology framework. This leads to better assessment of meaningful data patterns to define the underlying causes of illness.

Building Resiliency & Optimizing Wellness

Our education is orientated not simply towards disease-based management, but towards building resiliency, vitality, and optimizing wellness.

Providing Whole Person Care

We help clinicians see patients as whole people in whole environments in order to provide effective personalized care.

Ultimately, at A4M we educate our clinicians to view the patients in a new context that includes all factors that affect patients internally and externally as a Whole Person. We believe that illness is more than just a physical manifestation and true wellness is achieved across mind, body, and spirit.

A4M is actively building a new healthcare paradigm driven by evidence-based personalized medicine, leading to optimize longevity, wellness and vitality, grounded by strong research and science, and led by advanced-thinking clinicians.