

EMPOWERED AGING EXPERT: REDEFINING AGING, REINVENTION & PURPOSE

Dr. Durga Larkin brings a rare and powerful perspective to the conversation on aging, identity, and transformation. With decades of experience as a physician and ophthalmic surgeon—and her own deeply personal journey of reinvention—she challenges audiences to rethink what it means to grow older and step into life's next chapter.

Aging is not about decline—it is about clarity, growth, and becoming.

MEET DR. DURGA

Dr. Durga Larkin is a board-certified eye physician and surgeon, speaker, and author dedicated to helping individuals embrace life transitions with purpose, resilience, and vision. For more than 35 years, she built a distinguished career as an ophthalmic surgeon, restoring sight and improving the lives of countless patients.

A serious injury forced her to step away from surgery, requiring her to redefine her identity and purpose. That turning point became the foundation for her work today.

She now speaks and writes about reinvention, resilience, and the evolving nature of identity, helping audiences navigate change and embrace new possibilities.

BOOK

Timeless Vision: Empowered Aging Redefined

Timeless Vision invites readers to rethink aging as a time of awakening, growth, and opportunity.

Blending medical insight with personal transformation, Dr. Durga challenges outdated narratives that frame aging as decline. Instead, she offers a new perspective—one that sees aging as a powerful phase of clarity, purpose, and possibility.

Key themes include:

- Reinvention after life transitions
- Identity and personal evolution
- Purpose in later life
- Emotional resilience
- Living with clarity, curiosity, and joy

Growing older need not be about losing—it can be about expanding who we are.



“
“We are
aging every day.”
-- Dr. Durga
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SPEAKING TOPICS

- Timeless Vision: Rethinking Aging in a Modern World
- Reinvention Has No Expiration Date
- From Sight to Vision: Seeing Your Life Clearly
- The Second (or Third) Act: Designing What Comes Next
- Letting Go of Who You Were to Become Who You Are
- Empowered Aging: Living with Clarity, Curiosity, and Joy

SPEAKER EVENTS FEATURING DR. DURGA

- 35+ years of medical expertise
- Authentic story of personal reinvention
- Engaging and relatable speaker
- Blends science, story, and inspiration
- Connects deeply with diverse audiences

Audiences leave inspired, energized, and equipped with a new perspective on life and aging.

IDEAL AUDIENCES

- Women's leadership events
- Wellness & personal development conferences
- Healthcare organizations
- Corporate leadership & transition events
- Retreats and transformational programs
- Book clubs
- Senior Centers

PROFESSIONAL BACKGROUND

- Board-certified ophthalmologist
- Undergraduate, University of Pennsylvania
- Medical degree: Duke University School of Medicine
- Geriatric Fellowship Duke University School of Medicine
- Internship: Mt. Auburn Hospital/ Harvard Medical School
- Residency: Tufts Medical Center
- 35+ years in clinical and surgical practice

CONTACT



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