



April Ibarra

Inspire. Challenge. Re-frame.

April Ibarra is a national speaker with more than 35 years of experience presenting to professional, community, and leadership audiences across the country. As the founder of Bold, Not Old™, she delivers inspiring, evidence-informed keynotes and facilitated experiences that challenge outdated narratives about aging and invite people to approach this stage of life with clarity, confidence, and intention.

With over three decades working in senior care, April blends gerontological expertise, lived experience, and practical tools to move audiences toward proactive, values-driven life design.

April Ibarra, MGS

Founder, Bold, Not Old™
Gerontologist | Speaker

Why Choose April Ibarra

Every audience is different—and every program is thoughtfully customized.

What April Brings:

- Engaging, person-centered presentations designed for connection and energy
- Evidence-informed content grounded in gerontology, longevity science, and holistic wellness
- Customized talks aligned with your audience, goals, and format
- Interactive experiences that inspire reflection, action, and meaningful conversation
- April has presented for national and regional organizations including the Aging Life Care Association®, American Society on Aging, Council on Aging of Southwestern Ohio, and Home Instead.

Audiences leave feeling:

- Empowered to rethink aging and possibility
- Confident in their ability to influence health, choices, and future
- Hopeful and motivated to take ownership of how they age
- Equipped with practical tools they can use immediately

Bring Bold, Not Old™ to Your Event

Let's create an experience that inspires your audience and challenges the way they think about aging, purpose, and possibility.

...what people are saying

“April’s energy, humor and deep expertise made her keynote one of the highlights of our conference. She leaves audiences both inspired and equipped to take action.”



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