

Happy New Year!!

UC San Diego

Center for Healthy Aging  
Stein Institute for  
Research on Aging

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!



**Interim Director, Dr. Alison Moore  
in The New York Times**

Alison Moore, MD is quoted in the New York Times article about The 7 Keys to Longevity. "Ignore the hyperbaric chambers and infrared light: These are the evidence-backed secrets to aging well."

[Read it here](#)

Please join us for our next Public  
Lecture with Dr. Benjamin Smarr



# NEXT PUBLIC LECTURE

UC San Diego

Center for Healthy Aging  
Stein Institute for  
Research on Aging

Wed, Jan 24

4-5pm

with Benjamin Smarr, Ph.D.



**"UNDERSTANDING AGING IN THE  
REAL WORLD:  
WHAT WEARABLE DEVICES  
REVEAL ABOUT HOW WE AGE  
DIFFERENTLY"**



## "Understanding Aging in the Real World: What Wearable Devices Reveal About How We Age Differently"

January 24, 2024  
4-5pm

Please register below for Zoom link

About the speaker:

Dr. Smarr's research focuses on time series analysis in biological systems. He emphasizes practical information extraction for translational applications. His background in biological rhythms and neuroendocrinology gives him a rare perspective into the current challenges for data science and engineering on biological systems. His lab develops novel approaches to get more information out of data generated over time and within-individuals. Prof. Smarr's aim is to leverage his expertise in biological dynamics to increase precision in health algorithms, with a special focus on increasing equity of health tech efficacy over diverse populations. Dr. Smarr has received fellowships and funding from NSF, NIH, DoD, and many private partners, and his views have been featured by prominent media outlets, including BBC, Forbes, WIRED, and many others. He received his PhD from University of Washington and was a

postdoc at UC Berkeley before joining the Shu Chen-Gen Lay Department of Bioengineering and the Halicioglu Data Science Institute at UCSD.

Please Register Here



# 2024 Upcoming PUBLIC LECTURES

Wed, Jan 24

**BEN SMARR, PHD - ASSOCIATE DIRECTOR**  
“UNDERSTANDING AGING IN THE REAL  
WORLD: WHAT WEARABLE DEVICES  
REVEAL ABOUT HOW WE AGE  
DIFFERENTLY”

Wed, March 13

**SARAH BANKS, PHD - ASSOCIATE  
DIRECTOR**  
“CAN WE AVOID COGNITIVE DECLINE  
WITH AGE?”

Wed, May 15

**MARIA ROSARIO (HAPPY) G. ARANETA  
PHD, MPH - ASSOCIATE DIRECTOR**  
TBA

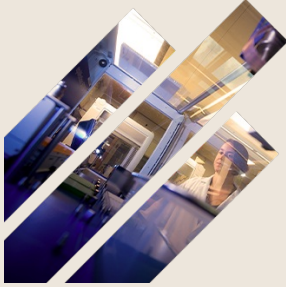
Wed, July 24

**COLIN DEPP, PHD - ASSOCIATE  
DIRECTOR**  
TBA

🕒 4-5pm

📍 Zoom





## We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

[GIVE NOW](#)



[Visit our website](#)

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