

Michael Corley's New Study,
Dr. Alison Moore Completes
LAMP,
Serving Seniors Event,
Osher Open House

UC San Diego

SAM AND ROSE 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!

New Study Suggests GLP-1 Drug May Slow Biological Aging

Congratulations to Dr. Michael Corley on a new study finding that semaglutide slowed markers of biological aging in a randomized clinical trial. The research adds to growing evidence that GLP-1 medications may offer benefits beyond weight loss and diabetes management, highlighting their potential role in promoting healthy aging.



Michael Corley, PhD, associate professor of medicine in the Division of Geriatrics, Gerontology & Palliative Care at UC San Diego School of Medicine and the Stein Institute for Research on Aging.

[Read It Here](#)

Alison Moore Completes Leadership in Academic Medicine Program

Congratulations to Dr. Alison Moore on completing the Leadership in Academic Medicine Program (LAMP) alongside fellow leaders from UC San Diego's Departments of Medicine and Family Medicine. The program focuses on developing skills in self-leadership, team leadership, and organizational leadership, helping prepare participants to advance the future of academic medicine.



[More about LAMP](#)

Know a Successful Ager?



At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those who continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone

Serving Seniors & Stein Institute Mini Symposium on Resilience and Healthy Aging

Building on the success of the full-day Resilience Symposium held in September 2025, the Stein Institute for Research on Aging partnered with Serving Seniors to host a half-day mini symposium for Serving Seniors clients in downtown San Diego on Friday June 5th. This event was developed in direct response to participant feedback from the September symposium, where attendees from Serving Seniors expressed a strong interest in continued learning, discussion, and engagement around topics related to resilience, healthy aging, and well-being.

The mini symposium provided an opportunity for older adults to connect with experts, engage in meaningful conversations, and explore practical strategies for maintaining health and resilience throughout the aging process. The event was well attended and reflected the enthusiasm of participants for ongoing educational programming and community engagement.

In addition to serving the interests of older adults in our community, the symposium also provided an important opportunity for the Stein Institute to strengthen partnerships and build new collaborations with organizations across San Diego County that share a commitment to supporting healthy aging and improving the lives of older adults.



Dr. Alison Moore

The educational program featured presentations on topics specifically requested by Serving Seniors clients following the September 2025 symposium. Director Alison Moore, MD, MPH, delivered the keynote address, offering a geriatrician's perspective on healthy aging and

discussing evidence-based approaches to maintaining health, independence, and quality of life as we grow older.

Scientific Director Anthony Molina, PhD, presented on resilience and healthy aging, exploring the biological and lifestyle factors that contribute to resilience and highlighting ways individuals can support their physical and cognitive well-being throughout the aging process.

Colin Depp, PhD, discussed the benefits of social connection, emphasizing the important role that relationships, community engagement, and social support play in promoting mental and physical health and enhancing overall quality of life.



Dr. Anthony Molina

Zvinka Zlatar, PhD, presented on the benefits of exercise, reviewing research on the positive effects of physical activity for brain health, physical function, emotional well-being, and healthy aging.



Dr. Colin Depp



Dr. Zvinka Zlatar

The Stein Institute and Serving Seniors are proud of this growing partnership and grateful for the strong participation and support that made the event a success. We look forward to continuing this collaboration and hosting another engaging and impactful symposium next year.



Thank you to our community partners from Serving Seniors, Mathew Nguyen and Laura Thai, pictured with Zvinka Zlata, Dr. Alison Moore, and Danielle Glorioso, LCSW. We appreciate your partnership and shared commitment to supporting older adults in our community.

[More about Serving Seniors](#)

Osher Open House



Dear Lifelong Learners,

We are excited to invite you to our Summer 2026 Open House at the Osher Lifelong Learning Institute at UC San Diego!

Date: Tuesday, July 7

Time: 9:30 a.m. – 12:00 p.m.

Location: Osher Lifelong Learning Institute, UC San Diego, 8980 Villa La Jolla Drive, 3rd Floor

Virtual Option: Join us via Zoom (link to be provided upon RSVP)

Parking: Free parking available; please follow the signs on Villa La Jolla Drive and in the parking lot.

**Registration and information tables open at 9:30 a.m., program starts at 10 a.m.*

REGISTER TODAY



BECOME A MEMBER TODAY

Join us to explore the enriching opportunities that await you as part of our Osher community. This event is a wonderful chance to:

- Discover the range of classes and seminars available this spring, offered both on campus and live streamed via Zoom.
- Learn about the benefits of membership.
- Meet our volunteer leadership team and connect with fellow members.
- Enjoy light refreshments and gather more information about our upcoming programs in modern, comfortable classrooms.

WHY JOIN US?

The Osher Lifelong Learning Institute offers a variety of intellectually stimulating learning experiences for adults over 50. Our programs cover a wide range of subjects, including medicine, science, history, art and more. With convenient daytime classes, flexible scheduling, and no prerequisites or tests, you can immerse yourself in learning and connect with a vibrant community of peers. View our [membership options here](#), or explore our [upcoming classes](#)!

We look forward to welcoming you and sharing the joy of lifelong learning!

Warm regards,

Osher Lifelong Learning Institute at UC San Diego

Register Here



Resilience, Compassion and Self-Compassion Program available for license

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, LCSW we are thrilled to announce that our Resilience Intervention is now officially licensed through UC San Diego and available for implementation in community settings. This evidence-based, six-session program is specifically designed to enhance resilience, compassion, and self-compassion in older adults. It has been studied in various community settings across the United States, as well as in England and Israel, with results showing improvements in resilience and self-compassion, along with reductions in perceived stress, depression, and loneliness.

For more information about our intervention, please contact Danielle K. Glorioso, LCSW at dglorioso@health.ucsd.edu

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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



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