

Happy Healthy Aging Month & Upcoming Events

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!

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 that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at saweiss@health.ucsd.edu to nominate them!

Happy Healthy Aging Month!



September is recognized as Healthy Aging Month, a time to celebrate and promote the benefits of maintaining physical, mental, and emotional well-being as we grow older. It's an opportunity to raise awareness about the importance of adopting healthy

habits like regular exercise, balanced nutrition, mental stimulation, and social engagement. The focus is on empowering individuals to take proactive steps toward aging gracefully and staying active, vibrant, and independent throughout their later years. Healthy Aging Month encourages people of all ages to reflect on their health and well-being, setting the stage for a fulfilling,

healthy life as they age.

10 helpful healthy aging tips from Healthy Aging Magazine:

1. Move more, sit less by engaging in fun activities like walking, cycling, or dancing to boost health and prevent disease.
2. Aim for 150 minutes of moderate exercise and two days of strength training each week.
3. Stay motivated with apps like All Trails or resources from the CDC and American Heart Association.
4. Reduce salt intake and add more fiber for better heart health and digestion.
5. Volunteer with organizations like VolunteerMatch to increase happiness.
6. Schedule regular social outings to beat loneliness—aim for at least two a month.
7. Pursue hobbies and passions to meet new people and stay engaged.
8. Get a dog or volunteer to walk dogs as a way to meet others.
9. Set realistic goals to manage stress, and learn to say no when needed.
10. Redefine your purpose post-retirement by exploring new hobbies and opportunities.

[More about Healthy Aging Month](#)



Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at healthyaging@health.ucsd.edu

REGISTER NOW

Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity

Register Here

JOIN US FOR THE 2ND ANNUAL LEE TUH-FUH & RUBY LEE WANG ZU-MING ENDOWED EDUCATION LECTURE

ANCIENT WISDOM, MODERN SCIENCE, AND THE EMERGING KEYS TO HEALTHY AGING AND LONGEVITY

This lecture will examine how what we eat and how we live can promote wellness, enhance immunity, combat age-related diseases, and promote longevity. Drs. Saxe and Lim will share a timeless perspective, supported by their own research and clinical experience, on how optimal nourishment, purposeful reflection, healthy movement, and generosity of spirit can improve age-related conditions and slow the aging process. They will present evidence-based recommendations for diet and lifestyle, as well as a practical and simple framework to help foster healthy aging extending behavioral changes.

GORDON SAXE, MD, PHD, MPH



Dr. Gordon Saxe is Chair of the Krupp Endowed Fund and Executive Director of the UCSD Krupp Center for Integrative Research and the Center for Integrative Nutrition. He oversees more than 20 clinical trials on diet and natural therapeutics for a range of health conditions. He received his MD from Michigan State University, PhD in Epidemiology from the University of Michigan, and MPH in Nutrition from Tulane School of Public Health.

ANTHONY LIM, MD, JD



Dr. Anthony Lim is the Medical Director of the McDougall Program, a virtual nutrition and lifestyle wellness program that has helped countless individuals worldwide to radically improve their overall health and well-being through medically-supervised and personalized dietary and lifestyle coaching. He is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine, and is board-certified in family medicine and lifestyle medicine, as well as bar-certified in the state of California.

OCTOBER 22ND

1PM - 3PM

OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE
3RD FLOOR
LA JOLLA, CA 92037



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See last year's lecture with Anthony Lim, M.D., J.D.
"The Miraculous Healing Power of Food!"



Alzheimer's Disease CME Conference Registration open!

ALZHEIMER'S DISEASE CME CONFERENCE 2024

UC San Diego SCHOOL OF MEDICINE

UC San Diego SCHOOL OF MEDICINE Shiley-Marcos Alzheimer's Disease Research Center

AD-RCMAR SAN DIEGO

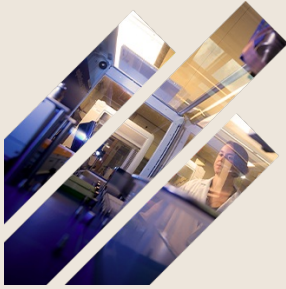
EMBRACING DIVERSITY AND LIFESTYLE: PATHWAYS TO ALZHEIMER'S PREVENTION AND CARE

September 30, 2024
7:45 a.m. to 12:30 p.m.
Check in at 7:30 a.m.
UC San Diego ACTRI Conference Room

We hope you can join us for this annual CME event, which highlights the cutting-edge academic and scientific environment across the UCSD campus, and the strong relationships with major scientific institutes and broad range of medical and community partners in San Diego County working to advance knowledge and clinical practice in this field of study. This conference, hosted by the UC San Diego Shiley-Marcos Alzheimer's Disease Research Center and the San Diego Alzheimer's Disease Resource Center for Minority Aging Research (AD-RCMAR), brings together an internationally renowned faculty from UC San Diego and local partner institutions to present the latest developments in neurodegenerative research. We look forward to having you

join us to learn more about the local landscape of this ever-evolving area of research and care.

More Info and Register
here



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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