Healthy to 100 and Beyond
2012 Lecture Series

Challenge:

Adopt at least one new healthy habit and keep it up for 100 days!

It’s never too late to make a healthy lifestyle change, get started today!

Join experts from our own UC Irvine Community as they provide information to help support your lifestyle. All sessions will be held at the UC Irvine University Club from 12:00-1:30 p.m. Register online @ www.wellness.uci.edu/retirees/h2100.html

Lecture Series:

January 24: Alzheimer's Research Update 2012  Frank LaFerla, PH.D
January 31: The Highs and Lows of Diabetes Management and Prevention  Mary Jean Christian, RD, CDE
February 14: The Aging Eye: What is Normal and What is Not  Marjan Farid, M.D.
February 21: Brain Attacks: What You Need to Know about Stroke Prevention  Lama Al-Khoury, M.D.
February 28: The Effects of Aging on Voice and Swallowing  Sunil Verma, M.D.

UC Irvine Co-Sponsors: Center for Emeriti & Retirees, Human Resources, Institute for Memory Impairments & Neurological Disorders (MIND), Retirees Association, Senior Health Center.