The Aging Gracefully SIG has been engaging members every month with the latest research findings on aging, discussing areas of concern and interest. We have explored the physical process of aging, why it happens, and what we can do to slow things down. We have focused on how to recognize and act on our heretofore untapped creative impulses. We’ve delved into the findings of a long-term research project to study aging and longevity (the Nun’s Story), with the goal of determining the causes and prevention of Alzheimer’s, other brain diseases and potential mental and physical disabilities. We’re discussing how we choose to spend our time pursuing activities that lead to healthier (physical and mental) lives.

Come join us for some stimulating sessions.

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