How to Live Longer and Live Better

Learn about the science of healthy aging and the proven steps to success. This leading-edge educational opportunity is open to both professional and non-professional audiences.

Tuesday, October 23, 2018
9 AM to 1:30 PM

Cumberland Woods Village
700 Cumberland Woods Drive, Allison Park, PA 15101

Presented by
The Aging Institute of UPMC Senior Services and the University of Pittsburgh

Featured presenters

Michael D. Parkinson, MD, MPH, FACPM
Let's get active!
It's All About Plants – The Most Recent Studies on What to Eat to Live Long and Prosper

Khara Lucius, ND, FABNO
Supplements and Healthy Aging: Putting the Evidence to Work for You

Ronald Glick, MD
Integrative Approaches to the Management of Osteoarthritis

Barbara Ivanko, LCSW
More Life in Your Days: Living Mindfully

Continental breakfast and lunch provided
Free parking

Continuing education credits available for Registered Nurses and Social Workers

Continuing education credits pending for Nursing Home Administrator and Personal Care/Assisted Living Administrator

Cost: $35.00
UPMC and University of Pittsburgh Employees $25.00

Register at classes.UPMC.com
Sponsoring hospital/group: Aging Institute

For more information, call 412-864-2396
or email edingerpj@upmc.edu

UPMC Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. To receive 4.00 contact hours, the learner must attend the entire activity and complete the activity evaluation. The University of Pittsburgh is an affirmative action, equal opportunity institution. This program is offered for 4.00 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education, call (412) 624-3711.

AGING INSTITUTE
of UPMC Senior Services and the University of Pittsburgh

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