

Academia Meets 'Active Aging'

Invite me to inform and inspire students, faculty and staff to rethink, re-imagine and redefine the future of active aging. I will translate and transfer the 'research' with the sole purpose of 'firing up' the attendees to alter the trajectory of their aging curve in all dimensions of well-being and wellness through the *physical*.

As our population ages and opportunities are rapidly moving in the health science track the health span.

Career and second career science, physical therapy, pharmacy, and a wide array of services targeting our third and fourth as are mentors, tutors, the-trenches' trainers, teachers



extends the lifespan, careers emerging for those in the to provide services to extend

professionals in exercise occupational therapy, medicine, allied health and community fourth *stagers* are in demand; lecturers and experienced 'in-and coaches.

Exercise, training and physical activity research as related to gerontology, biomarkers, functional medicine, epigenetics, mobility disability, learned dependence, chronic diseases, precision training, doses and dosages, satellite cells, fall risk reduction, sarco-dyna-osteopenia **needs** transfer, translation and application!! I do this!

- See CEC, Health-Wellness and Public Speaking links for sample topics.
- Guest lecturer, workshop and seminar formats are available.
- Time frames vary based on the objectives of the host and audience [1+ hours]
- Descriptions made available upon request.

Contact Pat to discuss fees, formats, equipment availability and AV requirements.