

# Optimal Aging: *Strategies for Life*



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Aging is not a disease, or problem to be solved - *it is a natural process of living!* The goal of this talk to explore integrative medicine's approach to helping us thrive during this time of our lives. What nutritional and lifestyle choices should we be making *right now* to give ourselves an edge against chronic disease and cognitive decline? What are some of the myths of "anti-aging" approaches? How can we change the framework of our concepts around aging, so that we thrive as we move into and through our elder years?



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### OBJECTIVES:

1. Participants will be able to describe the effects of aging on cognition, cardiovascular, immune, and musculoskeletal systems.
2. Participants will be able to identify three lifestyle and nutritional interventions that can reduce the risk of chronic disease.
3. Participants will be able to discuss the evidence of safety and benefit for dietary supplements commonly used in the elderly population.