

Series initiated by  
Dr. Sarah Goodlin, PVAMC  
Chief of Geriatrics and  
Dr. Terri Harvath, OHSU SON  
Hartford Center of Geriatric  
Nursing Excellence

**Date:** Tuesday Morning  
February 21, 2012

**Time:** 7:30 to 8:30 am

**Place:**

*OHSU School of Nursing  
Founders Auditorium  
Room 144*

*(Early morning meter parking  
and some 2 hour resident  
parking is easy to find on  
Gaines Road. Enter SON from  
Gaines (this is the 3rd floor),  
take elevator to 1st floor. See  
Marquam Hill map at  
[www.ohsu.edu](http://www.ohsu.edu).)*

**Series Coordinator:**

**Ann Delmar**  
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503-494-3888



# Portland Area Geriatric Seminar Series:

*Excellence in Care, Research and Education*

## An Evidence Based Update on Lifestyle Interventions to Promote Healthy Aging

- ◆ Elizabeth Eckstrom, MD
- ◆ Kerri Winters-Stone, PhD, FACSM
- ◆ Henryk Urbanski, PhD, DSc



What are the secrets of growing older gracefully? How can health professionals partner with patients to ensure healthy aging? This talk will focus on evidence based lifestyle choices that can help your patients age well. Come join us and bring your questions and tips for successful aging!

### Seminar Objectives:

- Discuss recent evidence on lifestyle choices that promote healthy aging and help manage chronic disease such as cancer.
- Learn about novel findings from basic science studies.
- Share strategies for assisting patients to adopt healthy behaviors.
- Discuss ways to build this in to busy care environments.

### LOCAL Host Org Contact

For questions concerning this seminar please contact local host below. For questions about the entire series contact Ann Delmar (see above).

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### NO REGISTRATION REQUIRED

PPMC is a licensed CEP provider through California Board of Registered Nursing (CEP 9069) and has approved one CEU credit for attendees who complete seminar evaluation. Sponsors and hosts are exploring methods to provide other types of healthcare provider credits for future seminars.