

Dr. Anthony Molina to present at Women's Health Symposium, Third Annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Lecture, & Dr. Alison Moore at the Padres Game for Doctor's Day

UC San Diego

**SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING**

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

Dr. Anthony Molina to present at UC San Diego's First Annual Women's Health Symposium

April 16, 2025

12:30pm - 5pm

Sanford Consortium Roth Auditorium



Dr. Anthony Molina has been invited to present a 3-minute flash talk at an upcoming UC San Diego symposium aimed at promoting cross-disciplinary collaborations to advance women's health. Representing the Stein Institute for Research on Aging, Dr. Molina will highlight key resources and research strengths that can be leveraged to inspire new partnerships—particularly with the Department of Obstetrics, Gynecology, and Reproductive Sciences.

The symposium is part of a broader initiative to foster team science across campus and bridge critical gaps in women's healthcare and our understanding of female biology.

[More about the First Annual UC San Diego Women's Health Symposium](#)

Save the Date for our Third Annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Lecture

October 21st, 2025

Join us for the 3rd Annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Lecture featuring Dr. Satchin Panda of the Salk Institute. In his talk, "Circadian Rhythms and Intermittent Fasting and Their Roles in Promoting Healthy Lifespan," Dr. Panda will explore how aligning eating and activity patterns with our body's internal clock can improve metabolic health and support healthy aging. Open to the public—registration required!

JOIN US FOR THE 3RD ANNUAL LEE TUH-FUH & RUBY LEE
WANG ZU-MING ENDOWED EDUCATION LECTURE

CIRCADIAN RHYTHMS AND
INTERMITTENT FASTING AND THEIR
ROLES IN PROMOTING HEALTHY
LIFESPAN

SATCHIDANANDA (SATCHIN) PANDA, PHD



Satchidananda (Satchin) Panda, PhD is a Professor at the Salk Institute in California, where his research focuses on the circadian regulation of behavior, physiology, and metabolism in model organisms and in humans. Dr. Panda discovered a blue-light sensing cell type in the retina entrains our master circadian clock, affects mood, and regulates the production of the sleep hormone melatonin. Recently, he discovered that maintaining a daily feeding-fasting cycle - popularly known as time-restricted feeding (TRF) - can prevent and reverse metabolic diseases. Based on a feasibility study in humans, his lab is currently carrying out a smartphone-based study to assess the extent of circadian disruption among adults. Dr. Panda has received the Julie Martin Mid-Career Award in Aging Research, Dana Foundation Award in Brain and Immune System Imaging, and was a Pew Scholar in the Biomedical Sciences

OCTOBER 21ST

1PM - 3PM

OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE - 3RD FLOOR
LA JOLLA, CA 92037

SPACE IS LIMITED.
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Watch video of Dr. Moore throwing first pitch at the Padres Game!



Dr. Alison Moore threw the first pitch at the Padres game on Saturday, March 29, in honor of Doctors' Day!

Click below to watch!

A promotional banner for "Doctors' Day at Petco Park" on Saturday, March 29th at 4:15 PM. The banner features the Padres logo, "C San Diego Health", and "Padres vs Braves". It includes a play button icon and a photo of Dr. Alison Moore in a Padres uniform. A yellow arrow points from the text "Dr. Alison Moore to throw the first pitch!!" to a small illustration of a pitcher.

Our #AgingIsBeautifulEverywhere Campaign is on social media

Aging is *Beautiful*

Age beautifully,
wherever life takes you
#AgingIsBeautifulEverywhere



Spotlight: Lisa Eyler, PhD, in the tap studio

For Lisa, dance is more than just movement—it's a lifelong passion that keeps both mind and body active.

"I started as a child and have kept it up in one form or another ever since. One of my favorites is tap—I take an adult tap class every Monday at the studio where my daughter danced growing up. Some asked if I'd stop when she graduated, but I said, 'No way!' Dancing challenges me, builds camaraderie, and balances the intellectual work I do as a faculty member. Plus, I love to perform! This year, our recital tap dance is set to a hip-hop/country remix of '9 to 5' by Dolly Parton and Pitbull."

Research shows that dance supports healthy aging by engaging the mind, body, and social connections—something Lisa fully embraces.

"I plan to keep dancing as long as I can!"

Thank you, Lisa, for inspiring us to keep moving and find joy in lifelong passions!

Get your own "Aging is Beautiful" t-shirt for a \$35 donation - and share your #AgingIsBeautifulEverywhere photos with us!



please email healthyaging@ucsd.edu

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Know a Successful Ager?



At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at saweiss@health.ucsd.edu to nominate them!



Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, we are thrilled to announce that our Resilience Intervention is now officially licensed through UC San Diego and available for implementation in community settings. This evidence-based, six-session program is specifically designed to enhance resilience, compassion, and self-compassion in older adults. It has been studied in various community settings across the United States, as well as in England and Israel, with results showing improvements in resilience and self-compassion, along with reductions in perceived stress, depression, and loneliness.

For more information about our intervention, please contact Danielle K. Glorioso at dglorioso@health.ucsd.edu



We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support the pursuit of a healthier, longer life for you and your loved ones. Please make a gift to help sustain and expand our successful aging programs.

GIVE NOW



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