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

In Case You Missed It: A Year of Inspiring Public Lectures

We are excited about our upcoming Public Lecture Series in 2026, but before we look ahead, let's take a moment to reflect on the amazing lectures from this past year.

This year, our Public Lecture Series brought together leading UC San Diego researchers to share fresh insights on intermittent fasting, grief, meditation, mindfulness, and more. From exploring how ancient viruses influence the aging process, examining how fasting may support healthy aging, to highlighting the importance of social connection for overall well-being, each talk offered practical, research-driven guidance.

If you weren't able to join us live, all of these lectures are now available to watch via the links below and on UCTV. We invite you to revisit your favorites or catch up on any you missed — it's a great way to stay connected to the latest advancements in aging science.

Decoding the Dark Side of the Human Genome: How Ancient Viruses Shape Aging

Michael J. Corley, PhD



Mindfulness-Based Mental Training to Enhance Well-Being and Healthy Aging

Fadel Zeidan, PhD



Intermittent Fasting: A Strategy To Prevent Cardiometabolic Diseases And Promote Healthy Aging

Michael J. Wilkinson, M.D., F.A.C.C., F.N.L.A.



The Grieving Process and Tips to Help

Danielle Glorioso, LCSW



[More about our Public Lecture Series](#)

Registration Now Open: January 28th Public Lecture

We're excited to kick off our 2026 Public Lecture Series with UC San Diego Associate Professor Dr. Aladdin Shadyab, who will present *"Slowing the Clock: Longevity Science Meets Alzheimer's Prevention."* This virtual lecture explores the latest insights at the intersection of longevity science and Alzheimer's prevention, followed by a live Q&A moderated by Executive Director Danielle Glorioso, LCSW. Registration is now open, and we look forward to launching another year of engaging, science-driven conversations on healthy aging with our community.

PUBLIC LECTURE

UC San Diego
SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING

"SLOWING THE CLOCK: LONGEVITY SCIENCE MEETS ALZHEIMER'S PREVENTION"

Please join us for a lecture with UC San Diego Associate Professor, Dr. Aladdin Shadyab. Q & A to follow, moderated by Executive Director, Danielle Glorioso, LCSW.



Aladdin Shadyab, PhD

Wed, Jan 28

🕒 4-5pm

📍 Zoom

Dr. Aladdin H. Shadyab is an Associate Professor at the University of California San Diego, where he holds joint appointments in the Herbert Wertheim School of Public Health and Human Longevity Science and the Division of Geriatrics, Gerontology, and Palliative Care in the Department of Medicine. A leading expert in the science of aging and longevity, Dr. Shadyab's research spans the epidemiology of aging, exceptional longevity, women's health, geroscience, and multi-omics approaches to understanding human health and longevity across the lifespan. Dr. Shadyab is a prolific and internationally recognized researcher, with over 300 publications in top-tier scientific journals. Through his research, Dr. Shadyab is helping to unlock the secrets of healthy aging and translate cutting-edge science into insights that can extend healthspan among older adults.

[Register Here](#)

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 who 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

Thank You for a Wonderful Giving Tuesday!

We are grateful to everyone who supported us on "Giving Tuesday." Your generosity fuels innovative research, student training, and community programs that promote healthier aging for all. If you weren't able to participate in "Giving Tuesday" but would still like to contribute, our campaign remains open—and every gift, no matter the size, brings us closer to a future of longer, healthier lives.

Click the button below to visit our *Invest in a Future of Healthy Aging* campaign page and discover how your contribution is making a real impact on the future of healthy aging.

GIVE NOW



Resilience, Compassion and Self-Compassion Program available for license

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, LCSW 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, LCSW at dglorioso@health.ucsd.edu

Find us and Follow us on:

[LinkedIn](#)

[Facebook](#)

[Twitter/X](#)



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](#)



[Visit our website](#)

UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664 | La Jolla, CA 92093 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!