

"Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity" event re-cap

UC San Diego

Center for Healthy Aging
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!

Our Event on October 22nd "Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity" was a success!



On Tuesday October 22nd from 1-3pm, individuals from the community filled all three classrooms of the UC San Diego's Osher Lifelong Learning Institute's new space at 8980 La Jolla Village Drive for the 2nd Annual Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowed Lecture series entitled "Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity".

This well-attended event began with a talk by Dr. Gordon Saxe, Chair of the Krupp Endowed Fund, Executive Director of the UCSD Krupp



Our amazing speakers, Drs. Anthony Lim & Gordon Saxe



Stein Leadership looks on as the Chair of the Osher Advisory Council, David Guggenheim, welcomes guests

Center for Integrative Research and Center for Integrative Nutrition, and a talk by Dr. Anthony Lim, Medical Director of the McDougall Health and Medical Center in Santa Rosa. With a focus on how optimal nourishment, purposeful reflection, and healthy movement can impact the aging process, Drs. Saxe and Lim's talks

provided attendees with numerous practical tips and take-away points that help people promote overall health and well-being at any age. After a brief intermission, the speakers and audience then enjoyed a lively and engaged Q&A session to further discuss combined evidenced-based and clinical knowledge on how to promote wellness, enhance immunity, combat age-related diseases, and promote longevity.

We are so thankful for this endowed lecture series funded through the generosity of Dr. KB and Linda Lim (donor spotlight). Their generosity, vision, and passion to support and provide free community education through the establishment of an endowment will make an invaluable impact for years to come. Through the



The Lim Family

generosity of their gift, their endowment ensures that we will be able to offer free events to the community in perpetuity, part of what makes this collaboration between The Stein Institute for Research on Aging and the Lim

Family so meaningful.



“Free community education has been at the heart of what the Stein Institute has done for over 40 years” said Dr. Alison Moore, Director of The Stein Institute for Research on Aging. “Partnering with donors like the Lim Family allows us to broaden the work that we do in the community to reach more people”.

“Today is the result of the dedication that Dr. KB and Linda Lim have for free community education” said Danielle Glorioso, Executive Director of The Stein Institute for Research on Aging. “Their vision is to bring quality wellness education programs for free to people of all ages and socio-economic backgrounds, which is perfectly aligned with our mission at The Stein Institute. “We have been working on this event since 2020, so to see its impact today is incredibly gratifying”. The impact of their donation has already been felt, with the inaugural lecture in September 2023 entitled “The Miraculous Healing Power of Food” with Dr. Anthony Lim, reaching over 550,000 people world-wide on UC-TV in less than a year. We have great ideas for how to continue to grow this lecture series and look forward to hosting this event again in the fall of 2025.



Dr. Alison Moore, Linda Lim, & Danielle Glorioso



Stein Scientific Director, Dr. Anthony Molina & Linda Lim

“We are thrilled with how well this event went this year and how much it has grown in just one year” said Linda Lim “we appreciate Osher’s collaboration and the amazing speakers Dr. Saxe and Dr. Lim” She added “we have already exceeded our expectations of this lecture series and have thoroughly enjoyed working

with the executive director, Danielle Glorioso. Without her enthusiasm, hard work, and her making our vision come to life, none of this is possible”.

This lecture will be available on UC-TV

and can be found on our website in the coming months. The Stein Institute wishes to thank Osher Lifelong Learning Institute for their support and co-sponsorship of this event.

Please enjoy more photos from our event below.



Osher Lifelong Learning Institute at UC San Diego volunteers at the Osher information table: Josh and Colleen Golden



Dr. Gordon Saxe

Stein Executive Director, Danielle Glorioso moderates the Q & A

Dr. Anthony Lim

Danielle Glorioso & Successful Ager, July Galper

Speakers Drs. Gordon Saxe & Anthony Lim during the Q & A

The 2nd annual Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowed Lecture

"Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity"

October 22, 2024

Stein Staff Jakob Phillips, Ashwin Vasanthan (student volunteer), Sasha Weiss, & Paula Smith at the check-in table

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!

Announcement: Our "Aging is Beautiful" t-shirts are back!

Back by popular demand!!!

**"Aging is Beautiful"
T-shirts for a \$35
donation**

UC San Diego
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Stein Institute for Research on Aging
Center for Healthy Aging

**If interested,
please email
healthyaging@ucsd.edu**

Aging
is
Beautiful



Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at healthyaging@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.

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