

Dr. Anthony Molina at Warwick's Bookstore in La Jolla

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!

Know a Successful Ager?

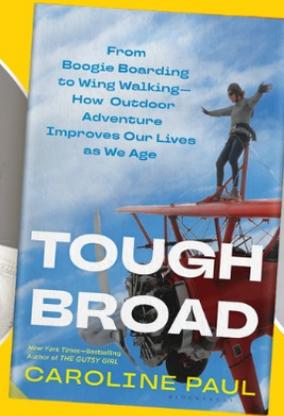


At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think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

Join us at Warwick's Bookstore in La Jolla on April 3rd at 7:30pm with Dr. Anthony Molina

Dr. Anthony Molina in conversation with New York Times bestselling author Caroline Paul about her new book *TOUGH BROAD: How Outdoor Adventure Improves Our Lives as We Age*

WEDNESDAY, APRIL 3
at WARWICK'S



CAROLINE PAUL
in conversation with Dr. Anthony Molina

Co-Presented by the USCD Stein Institute
for Research on Aging

7:30pm PT

Warwick's
7812 Girard Avenue
La Jolla, CA 92037

Caroline Paul is the author of the New York Times bestseller *The Gutsy Girl: Escapades for Your Life of Epic Adventure* and *Lost Cat: A True Story of Love, Desperation, and GPS Technology*, which has been translated into fifteen languages. She is also the author of the memoir *Fighting Fire*, the middle-grade book *You Are Mighty: A Guide to Changing the World*, and the novel *East Wind, Rain*. Her TED Talk, "To Raise Brave Girls, Encourage Adventure," has been viewed over 2 million times. A longtime member of the Writers Grotto, she lives in San Francisco.

Anthony Molina, PhD, is a Professor of Medicine at UC San Diego and serves as the Research Chief in the Division of Geriatrics, Gerontology, and Palliative Care. Dr. Molina is the Scientific Director for the Stein Institute for Research on Aging and the UCSD Center for Healthy Aging. The overarching goal of Dr.

Molina's research is to promote healthy aging and to advance precision healthcare for older adults. His team is leading efforts to: 1) understand the multi-faceted factors influencing the cognitive and physical abilities of older adults, 2) develop improved diagnostic and prognostic tools for age-related diseases and disorders, and 3) identify strategies for promoting healthy longevity. He lives in La Jolla with his wife, son, and dog. The Molinas enjoy shopping at Warwick's and stop by often for a game of chess.



Resilience, Compassion and Self-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

Upcoming Public Lectures



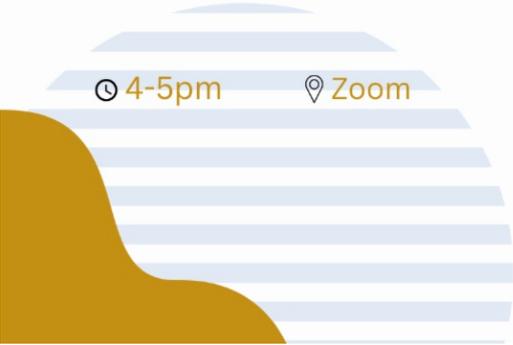
2024 Upcoming PUBLIC LECTURES

Wed, May 15

**MARIA ROSARIO (HAPPY) G.
ARANETA PHD, MPH - ASSOCIATE
DIRECTOR**
TBA

Wed, July 24

**COLIN DEPP, PHD - ASSOCIATE
DIRECTOR**
“SOCIAL CONNECTION AND HEALTHY
AGING”



🕒 4-5pm

📍 Zoom



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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