

URI PROGRAM IN GERONTOLOGY AND
RHODE ISLAND GERIATRIC EDUCATION CENTER PRESENT



Annual Thewlis Lecture on Gerontology and Geriatrics **Ageism and You: Why It Matters**

Wednesday, April 6, 2022

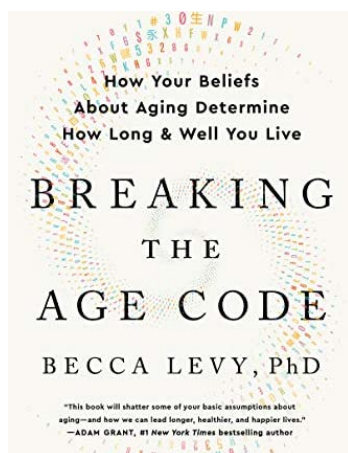
7 p.m. – 8 p.m.

(Presented Virtually)

Your beliefs about growing older, both positive and negative, can have beneficial and adverse effects, respectively, on your health and how long you live.

This lecture will summarize scientific evidence and share stories that illustrate how many health problems as we grow older are influenced by ageist beliefs. Dr. Levy will share techniques for improving one's own aging process and confronting structural ageism to create an age-just society.

[Becca Levy, PhD](#) is Professor of Public Health (Social and Behavioral Sciences) and Psychology at Yale University.



Register Today!

All attendees will be entered to receive a free copy of Dr. Levy's book "Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live."