THE LONGEVITY PROJECT:
The 8-decade Study of Staying Healthy and Living Long

Presented by: Dr. Howard Friedman, Distinguished Professor of Psychology at the University of California, Riverside

We often hear that the key to well-being involves obsessing over what we eat, how much we stress, and how fast we run. But based on the most extensive study of longevity ever conducted, THE LONGEVITY PROJECT reveals the great extent to which it is psychosocial factors that really matter: our personalities, friends, family, and work. For the past 20 years, Dr. Howard Friedman and colleagues have followed up with new information and measures, collected death certificates, and analyzed massive amounts of data to establish what it is that leads some individuals to thrive while others falter, fall ill, or die before their time.

Wednesday, April 18  |  12 noon– 1pm  |  HUB 355

Raffle prizes of autographed books!

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