



How to Live Longer and Better: Mind Over Matter of Aging

Conference Agenda

September 29, 2020

8:30 a.m. - noon

Participation will be virtual via Microsoft Teams Live

For more information, contact Melissa Jones at 412-864-2091 or jonesms2@upmc.edu

(See reverse for program details)

Program Agenda

8:30-8:35a Welcome

8:35-9:10a Mind-Body Practice for Older Adults— Impact on Stress, Mood, and Health

Presented by

Ronald Glick, MD, Associate Professor of Psychiatry and Physical Medicine and Rehabilitation at the University of Pittsburgh School of Medicine

Help and Referral Line: 866-430-8742

Website: SeniorServices.UPMC.com

9:10-9:30a Mindfulness Based Stress Reduction

Presented by

Carol M. Greco, PhD
Associate Professor of Psychiatry for the University of Pittsburgh School of Medicine
Licensed Psychologist and Certified MBSR Instructor for the UPMC Center for Integrative Medicine

9:30-10:30a Stress, Emotion Regulation, and Immunity: Promoting Healthy Aging

Presented by

Rebecca Reed, PhD
Assistant Professor of Psychology for the University of Pittsburgh

10:30-10:45a Break

10:45-11:45a Can We Redefine Aging?

Presented by

Aditi U. Gurkar, PhD
Assistant Professor of Medicine for the Aging Institute GRECC at the VA Division of Geriatric Medicine, University of Pittsburgh

11:45-12p Virtual Yoga Demonstration

Presented by

Sarah Schmidhofer, MD RYT-500
Assistant Professor of Psychiatry University of Pgh School of Medicine

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh designates this live webinar activity for a maximum of 3.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 3.0 contact hours.

Social Work

This program is offered for 3.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-6902.

Other Healthcare Professionals:

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

NHA, PCHA and CCM continuing education applied for and pending approval.