

Whealthspan 101

Instructor: Scott Fulton
Spring 2024

- Week 1: The biology of aging; signaling and senescence
The master regulators of health and longevity
Epigenetics is where the magic happens
- Week 2: A healthy aging mindset
Protecting against Alzheimer's and Dementia
- Week 3: Environmental risks under our nose
Home environments for thriving lifestyles
- Week 4: Foods that love us in return
"Diets" distract us from quality fueling for health
- Week 5: Activity; our biggest healthspan lever
Precision health is changing our approach to medicine

Course is instructor led in front of large screen content display via Zoom video (simulates interactive classroom experience from comfort of your home.)
Opportunity Q&A during the lecture. Summary content is emailed to students.

COURSE DESCRIPTION

Confusion and myths cloud our understanding of aging well in America, explaining why the US is now below the top 50 countries for life expectancy. We'll get into the core elements of preserving wealth, health, mind, and lifespan and the opportunities of aging well. Biology and human aging basics will connect the dots, debunk misguided diet advice, and simplify lifestyles, respecting individual genetics, cultures, and preferences.