



**KELLY FERRIN**  
**Gerontologist • Author • Speaker**

**What's Age Got To Do With It?**  
**Secrets to Aging in Extraordinary Ways**

Kelly Ferrin, gerontologist and author of “What’s Age Got To Do With It?” Volume I, and the newest edition Volume II, has been studying aging and retirement issues for over 25 years. She was one of the first to receive a degree in this field from the prestigious Andrus School of Gerontology at the University of Southern California, the top school in the nation for the study of age-related issues. Kelly is also an AARP Retirement Specialist, newspaper columnist, and has been featured on radio and TV talk shows nationwide. Her vision of the current and future aging of America and the effect of adding 30 years to our life expectancy is creating a new image of aging that could forever change the way we look at aging ... and even the way we age ourselves.

**Objectives**

- The affect mindset, attitude, and beliefs have on our aging process.
- Can lifestyle prevent or postpone the onset of many ‘age-related” health issues
- Simple steps to slow down the aging process and feel 10-15 years younger.

**A New Image of Aging**

- Change your thinking now! Aging is changing--are you ready?
- The role we play in living long and living well – Quality of life is key
- Will we be older longer – or are we extending middle age?

**Growing Older Without Getting Old**

- The difference between biological age and chronological age
- How old would “old” be if we didn’t know how old “old” was?
- The Power of Perceptions: Mindset, Attitude and Beliefs drive behaviors

**Gerontology 101**

- Living longer, living better: 70% Lifestyle • 30% Genetics
- Centenarian Phenomenon: 1 in 3 girls and 1 in 20 Boomers live to 100?
- Use It Or Lose It: 50% of functional loss after age 50 is result of inactivity.

**Age Is Just A Number**

- New Stages of Ages • Linear Lifeplan vs. Cyclic Lifeplan
- Attitude and beliefs are where it starts to stay young at heart.
- Secrets to living a healthy, happy, vital and long life

**website: [kellyferrin.com](http://kellyferrin.com) ••• email: [ageangel@earthlink.net](mailto:ageangel@earthlink.net)**