



KELLY FERRIN
Gerontologist • Author • Speaker

“What’s Age Got To Do With It?”
Secrets to Aging in Extraordinary Ways”

As a Gerontologist and longevity expert, Kelly 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, considered one of the top schools in the nation for the study of age-related issues. She is the author of two books, “What’s Age Got To Do With It?” Volume I, and now Volume 2, is an AARP Retirement Specialist, newspaper columnist and has been featured on radio and TV talk shows nationwide including Oprah, Rosie, Good Morning America, and the Today Show. 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 will 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 vital at any age

A New Image of Aging

- Change your thinking now! Aging is changing--are you ready?
- What role do we play in how long and how well we live – 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

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