

AGENDAS

FRIDAY, APRIL 23, 2021

- 8:15 **WELCOME**
- 8:30 **KEYNOTE**
Challenging the Aging Formula: The New Science Behind Healing and Wellness
Dr. Jeffrey Rediger
- 9:45 **Break**
- 10:00 **KEYNOTE**
What if Everything We Know About Aging is Wrong?
Dr. Bill Thomas
- 11:15 **Closing Remarks**

FRIDAY, APRIL 30, 2021

- 8:15 **WELCOME**
- 8:30 **BREAKOUT**
Healthy Aging: The Link Between Mind, Body, and Spirit
Dr. Jeffrey Rediger
- 9:45 **Break**
- 10:00 **BREAKOUT**
MAGIC: Exploring Multigenerational Communities
Dr. Bill Thomas
- 11:15 **Closing Remarks**

PLATFORM

The conference will be held live on Zoom, a free online platform. Internet access is required. Visit the Aging Well webpage to learn more and to check technology requirements: uwp.edu/agingwell

CEUs

UW-Parkside's CEUs meet continuing education requirements for many professionals, agencies, and organizations. Professional associations may have specific licensing requirements and you are encouraged to contact your licensing association before assuming UW-Parkside CEUs will fulfill requirements.

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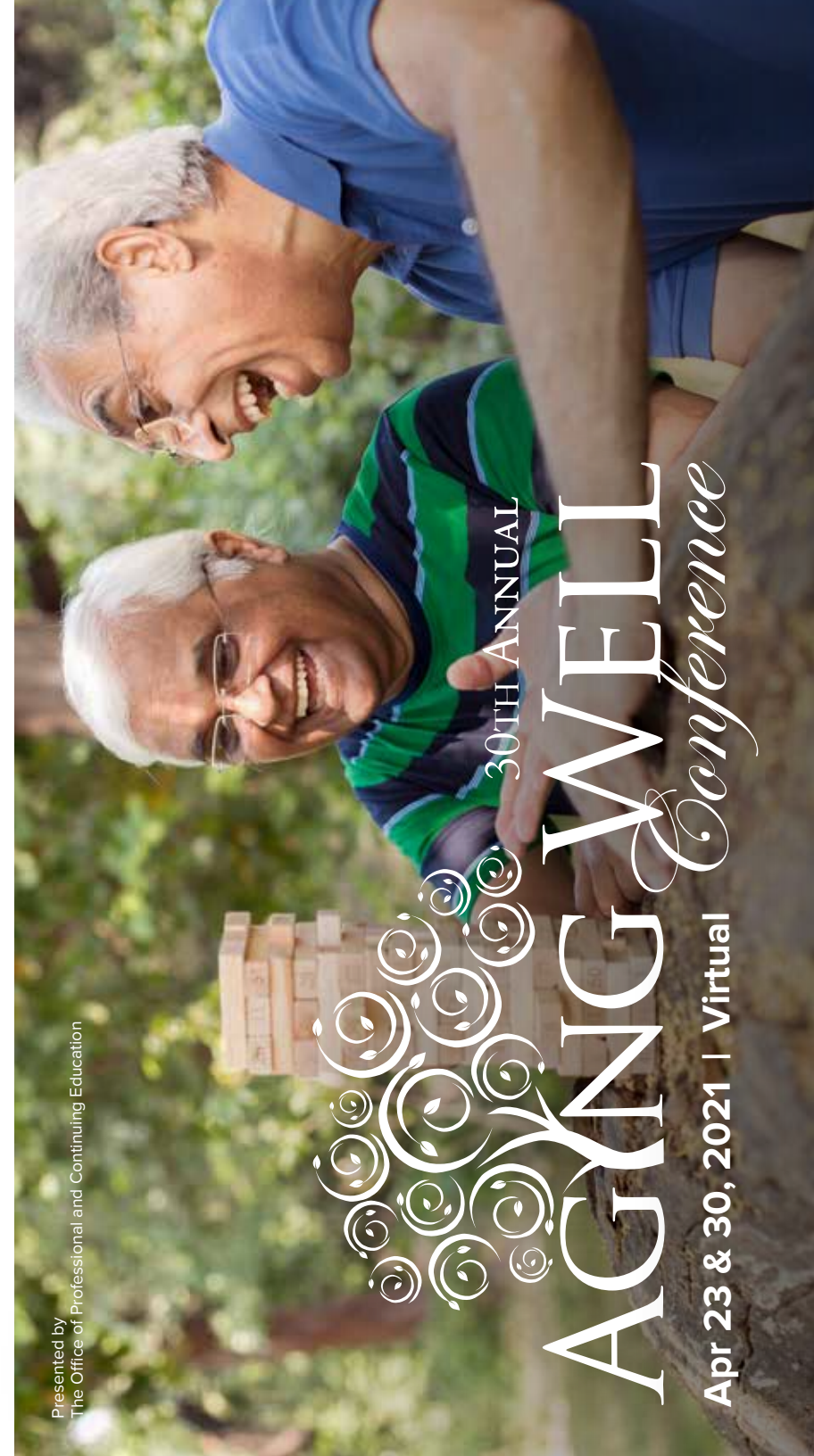
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Presented by
The Office of Professional and Continuing Education

30TH ANNUAL
AGING WELL
Conference

Apr 23 & 30, 2021 | Virtual



KEYNOTE | WHAT IF EVERYTHING WE KNOW ABOUT AGING IS WRONG?

Globally renowned, geriatrician and entrepreneur Dr. Bill Thomas will present a multi-part interactive Keynote Presentation in segments (followed by Q & A). Dr. Thomas will help us “Flip the Narrative” by challenging our cultural bias and stereotypes that stem from a declinist-only story. He will present the MAGIC. model for living and share positive outcomes on social and emotional health from living intergenerational housing and/or communities. And finally, an exploration into how changing our perception and thinking around how we live in our communities can help with the negative impact of isolation, especially during a global public health crisis.

BREAKOUT | MAGIC: EXPLORING INTERGENERATIONAL COMMUNITIES

MAGIC stands for Multi-Ability, multiGenerational, Inclusive Community and is a new way of bringing together people of different ages, abilities, and backgrounds! Join Dr. Bill Thomas for an interactive breakout session exploring what we can do to create the conditions for an intergenerational community. Dr. Thomas will provide practical insights into how we can impact change, at every professional level. This session will also explore various ways to involve key stakeholders in these types of initiatives, and how we can work as groups to start the discussions.

**DR. BILL THOMAS**

Dr. Bill Thomas is a physician, professor, entrepreneur, playwright, and performer whose wide-ranging work explores the terrain of human aging. His dedication to culture change and innovations for well-being led the Wall Street Journal to highlight Dr. Thomas as one of the nation’s “top 10 innovators” changing the future of retirement in America and US News and World Report named him to its list of “America’s best leaders.”

In the early 1990’s Dr. Thomas co-founded The Eden Alternative with Jude Meyers, a model that humanized nursing homes to enhance well-being of staff and residents. In the early 2000’s he launched The Green House Project, which Provider Magazine called the “pinnacle of culture change.” In 2007, Dr. Thomas developed the Senior ER model of care in partnership with the Trinity Health system.

KEYNOTE | CHALLENGING THE AGING FORMULA: THE NEW SCIENCE BEHIND HEALING AND WELLNESS

When it comes to spontaneous healing, skepticism abounds. Doctors are taught that “miraculous” recoveries are flukes, and as a result they don’t study those cases or take them into account when treating patients. A new field of health and well-being is being developed around the concept historically called “Aging,” which is actually the accumulation of preventable and reversible lifestyle illnesses that wear out the body. Using a combination of remarkable stories and cutting-edge science, Dr. Rediger challenges traditional deficit-based disease approaches and shares his expertise on the physical and mental principles of healing, wellbeing, and how to create an environment that supports flourishing health and recovery.

BREAKOUT | HEALTHY AGING: THE LINK BETWEEN MIND, BODY, AND SPIRIT

Chronic inflammation is a superhighway to disease. It all starts with how we think, how we feel, and how we live. Join Dr. Jeffrey Rediger for a thoroughly engaging and interactive breakout session where we look closely at what you can do to create the healthiest, most vital microbiome and life. Explore what it means in the most practical of terms to heal the chronic inflammation underlying most diseases of aging, and look at the nutritional, stress-management, and identity-related factors associated with the highest possible quality of life.

**DR. JEFFREY REDIGER**

Jeffrey Rediger, MD, MDiv, is on the faculty of Harvard Medical School, the Medical Director of McLean SE Adult Psychiatry and Community Affairs at McLean Hospital, and the Chief of Behavioral Medicine at Good Samaritan Medical Center.

A licensed physician and board-certified psychiatrist, he also has a Master of Divinity from Princeton Theological Seminary. His research with remarkable individuals who have recovered from illnesses considered incurable has been featured on the Oprah Winfrey and Dr. Oz shows, among others.

He has been nominated for the National Bravewell Leadership Award, and has received numerous awards related to leadership and patient care.

REGISTRATION FORM | APRIL 23 & 30, 2021

Registration also available online | uwp.edu/agingwell

Name: _____

Agency Name: _____

Phone: _____ Email: _____

Address: _____

City/St/Zip: _____

INVESTMENT

— SINGLE Full Event | \$99 \$ _____

— SINGLE Keynotes Only | \$75 \$ _____

— SINGLE Breakouts Only | \$75 \$ _____

— CEUs Full event | 0.6 CEUs | \$20 \$ _____

— CEUs One Day Only | 0.3 CEUs | \$10 \$ _____

PAYMENT BY CHECK

☐ Check enclosed (Payable to UW-Parkside)

Send form and payment to:

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PAYMENT BY CARD

For credit card payments please register online:

uwp.edu/agingwell

Groups of 3 or more receive 10% off.
Register online for group discount.

TOTAL \$ _____

QUESTIONS? 262-595-3340 or continuing.ed@uwp.edu