



HEALTH AND PEAK PERFORMANCE CONFERENCE - MARCH 26, 2011

SCHEDULE

8:30	Continental Breakfast by Hobee's	
9:00 - 10:15	A Long Bright Future	Laura Carstensen, Ph.D.
10:15 - 10:30	Break	
10:30 - 11:30	Physiology of Aging: How Much is Preventable with Physical Activity?	Anne Friedlander, Ph.D.
11:30 - 12:30	Athlete Nutrition	Clyde Wilson. Ph.D.
12:30 - 1:15	Lunch	
1:15 - 2:15	Aging & the Immune System	Eswar Krishnan, M.D.
2:15 - 3:15	Biomechanics of Sports	Rebecca Shultz, Ph.D.
3:15 - 3:30	Senior Games Genome Project	23andME
3:30 - 4:30	Olympian Panel - Moderated by Anne Warner Cribbs, 1960 Olympian	
5:00	Reception - Meet the Athletes	