

Blue Zones and Healthy Lifestyles for Older Adults



Did you know that over 30% of all dementia is preventable with healthy lifestyle choices? And that the Mediterranean diet reduces heart disease, cancer, stroke, and the risk of developing frailty as you age? This talk explores some of the key healthy aging findings from the Blue Zones (5 places in the world that have the most people who are over 100 years old, and where almost no one gets dementia) and how you can implement those practices for yourself and your community.

Presenter: Elizabeth Eckstrom, MD, MPH, MACP

Dr. Eckstrom is Professor and Chief of Geriatrics in the Division of General Internal Medicine & Geriatrics at Oregon Health & Science University (OHSU). She leads the geriatrics practice within the

OHSU Internal Medicine Clinic, championing geriatric best practices in the vibrant combined division, and teaches students, residents and geriatric fellows. Her research focuses on promoting a healthy lifestyle in older adults, with an emphasis on tai chi for falls prevention.

Dr. Eckstrom is also Director of Integrating Special Populations for the Oregon Clinical & Translational Research Center and co-directs OHSU's Healthy Aging Alliance.

When: **Thursday, Sept. 12**
6-7:30 p.m.
(doors open at 5:30 p.m.)

Where: **Providence Portland Medical Center**
Cancer Center Amphitheater
4805 NE Glisan St.
Portland, OR 97213

Register: **To register visit:**
<https://tinyurl.com/20190912NtJ>
or call 503-988-8210.

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