

Keynote Speakers



Sandy Markwood



Gregory Jicha MD, PhD



Robert Graham MD, CHEF



Robert Friedland, MD



Dexter Shurney, MD

Join us virtually April 23-26 for Kentucky's premier conference on aging!

We welcome you to join us this year at our virtual conference to share inspirational ideas about how we can inspire, innovate, impact, investigate, and integrate the aging experience. With outstanding keynote speakers, continuing education and networking opportunities, a resource-rich exhibit hall, and over 30 presentations, this conference is not to be missed. Learn more and register at: www.tragerinstitute.org/optimal-aging-conference. Sponsors & Exhibitor applications are accepted until March 28.

Clinical Retreat in Interdisciplinary Training (CRIT) - Invitation Only

CRIT will kick-off the conference weekend on April 23. If you have been invited to attend CRIT, you will receive further instructions on how to register for CRIT and the Optimal Aging Conference.

General Sessions

Sun, April 24 | 9:00 am - 4:00 pm
Pre-Conference
CEUs

Mon, April 25 | 9:00 - 10:00 am
Opening General Session
Aging Inspired. Aging Reinvigorated: A Panel
Honoring Octogenarians
Facilitated by Sandy Markwood, MUP

Mon, April 25 | 12:00 - 1:00 pm
Second General Session
Alzheimer's Update
Presented by Gregory Jicha, MD, PhD

Mon, April 25 | 4:30 - 5:30 pm
Third General Session
Culinary Medicine: Hungry for Change
Presented by Robert Graham, MD, MPH,
ABOIM, FACP, Chef

Tues, April 26 | 9:00 - 10:00 am
Fourth General Session
Aging as an Opportunity
Presented by Robert Friedland, MD

Tues, April 26 | 2:00 - 3:00 pm
Closing General Session
Integrating Lifestyle Medicine into
Standard Medical Practice
Presented by Dexter Shurney, MD