

Lifespan Initiative on Healthy Aging (LIHA) at Brandeis University

Living Long, Living Well *A Research Showcase*

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Lifespan Initiative on Healthy Aging
www.brandeis.edu/lifespaninitiative/



LIHA Mission

- Take a multidisciplinary approach
(biomedical, psychological, social)
- Integrate at multiple levels
(cells and surveys)
- Identify modifiable factors that promote
successful aging *(lifestyle, policies)*
- Look for early indicators and markers
(sooner is better)
- Adopt a long-term view
(planning, prevention)

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LIHA Goals

- Forge interdisciplinary collaborations
- Promote curricular and educational innovation
- Award seed grants for pilot projects with an interdisciplinary focus on aging
- Continue developing partnerships with other universities and institutions in the Boston Area
- Disseminate and translate research findings

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Living Long, Living Well

- LIHA Framework
 - *Aging Well: Never too Soon, Not too Late*
- Healthy Body
 - *Cells, Molecules, and Wellness*
- Healthy Mind
 - *Cognition, Memory, and Adaptive Functioning*
- Healthy Society
 - *Care, Culture, and Social Policy*
- Posters

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