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From Nutrition to Sexuality, New UD Symposium to Focus on Issues that Affect Senior Adults

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UNIVERSITY of



DAYTON

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NEWS RELEASE

FROM NUTRITION TO SEXUALITY, NEW UD SYMPOSIUM TO FOCUS ON ISSUES THAT AFFECT SENIOR ADULTS

DAYTON, Ohio — From nutrition to sexuality, the patterns of life evolve as the years go by, causing changes in habits and creating new opportunities for self-expression and achievement.

A symposium designed to address issues that affect senior adults will be presented for the first time this fall at the University of Dayton.

The Duane W. Chapman Senior Symposium on "Optimal Health: Issues and Alternatives for Successful Aging" will be held from 8:15 a.m. to 5 p.m. Monday, Oct. 11, in Kennedy Union on campus. The symposium is sponsored by the University's Institute for Learning in Retirement program and Miami Valley Hospital.

Keynote speaker will be Robert Butler, a physician, gerontologist, psychiatrist, public servant and Pulitzer Prize-winning author who will talk about longevity. Butler was the founding director of the National Institute on Aging of the National Institutes of Health and established the U.S. branch of the International Longevity Center at Mount Sinai Medical Center.

In additional sessions, Kate Hamilton and Michael Siemens of Canyon Ranch Health Resort in Tucson, Ariz., will talk about aging factors in nutrition and exercise. Canyon Ranch, established more than 20 years ago, specializes in offering health-oriented vacations and, throughout the 1990s, has been named best spa by readers of *Condé Nast Traveler* magazine.

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Lunch, provided as part of the symposium, will be a sampling from Canyon Ranch's menu.

Workshop sessions will be offered in the afternoon, with programs on nutrition, spirituality, stress management, sexuality, late-life depression, the arts and alternative medicine scheduled. Participants will choose to attend two.

A wine-and-cheese reception from 4 to 5 p.m. will end the symposium.

Continuing education credit for professionals will be offered. Cost of the symposium will be \$20 for Institute for Learning in Retirement participants, \$22 for advance general admission and \$60 for advance admission that includes continuing education credit. On the day of the program, the cost will be \$25 for general admission and \$65 for admission with continuing education credit, all on a space-available basis.

For more information and registration materials, call Julie Mitchell, director of special programs for the College of Arts and Sciences at UD, at (937) 229-2605.

The symposium is funded, in part, through an endowment from the Retirement Research Foundation. Duane W. Chapman, father and grandfather of several UD alumni, served as trustee and treasurer for the foundation. He died in 1995.

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For more information or media interviews, contact **Julie Mitchell** at (937) 229-2605 or via e-mail at mitchell@sulu.admin.udayton.edu .