

### Healthy Aging and Longevity

**Walter J. Nieri, MD**

*Director, Banner Sun Health Research Institute's  
Center for Healthy Aging in Sun City, Arizona*

**Date/Time:** Friday, January 15, 2009; 5:30 pm (dinner included)

**Location:** Doubletree Guest Suites, 320 North 44th St., Phoenix, AZ 85008

**Cost:** No cost to attend

**Abstract:** To be distributed at event.

#### Objectives

- To review the current and future trends in life expectancy.
- To understanding of the factors that contribute to longevity
- To discuss positive interventions that will enhance your chances of healthy aging and provide for a better quality of life for as long as you live.

**Biography:** Dr. Nieri is the Director of the Banner Sun Health Research Institute's Center for Healthy Aging in Sun City, Arizona. Currently he is the Principal Investigator for the Longevity Project entitled: Learning from our Elders. The purpose and ultimate goal is to look at multiple factors that contribute to optimal aging and utilize that information to formulate new clinical approaches and policies to promote healthy aging. Currently, there are over 1000 participants, with over 220 over ninety and 45 one hundred year old individuals enrolled.

In addition, he is the Program Director for the Banner Health Family Medicine Geriatric Fellowship Program, Sun City/Phoenix, and Arizona. This program educates both Family Medicine and Internal Medicine physicians to become Geriatric practitioners. Since its inception in 1996 there have been 48 graduates from the program.

Dr. Nieri has a specific interest in developing innovative models of care for older adults to ensure the best quality of life in later years.

Dr. Nieri is a graduate of Loyola Stritch School of Medicine and is certified in Internal Medicine, Geriatrics, and as a Medical Director of Long Term and Hospice Care. He is a board member and past president of the Arizona Geriatrics Society. He is an active member of the American Geriatrics Society and the American Medical Directors Association. He has been selected as one of Arizona's Top Doc numerous times and also was a member of the Arizona's Governor's Council on Aging and End of Life.

To RSVP or for additional information, please contact Stephanie Tusalem at (602) 778-7492 or via email at [stephanie.tusalem@kronosinstitute.org](mailto:stephanie.tusalem@kronosinstitute.org).

***Special Note:*** *If your plans change after you RSVP please cancel at the above contact as well.*

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