Symposium on Healthy Aging

Moving Through the Life Course:

Part 2 More Than Exercise: Building Healthy Aging Through Movement and Community

Dec. 2, 2026
12 p.m.

Join us on Zoom for a lively discussion on how exercise, dance, movement, and community can support healthy and engaged aging across the life course.

CO-PRESENTERS



Dr. Benazir Meera
Assistant Professor
Department of Exercise Sciences and Recreation
Lehman College, CUNY



Dr. Fabu Phillis Carter
Senior Program Manager
Community-Academic Partnerships (CAPs) for Cognitive Health & Wellness Lab

Recruitment and Retention for African Americans Fighting Alzheimer's Disease in Mid-Life (AA-FAIM) and the Wisconsin Alzheimer's Disease Research Center (ADRC)

Register Now!

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Health Promotion & Nutrition Sciences

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