

Living Our Best Life as We Age

Date: Wednesday, November 8, 2023

Time: 12–1 pm (Eastern Time)



As we age, we experience life events, including joy, sadness, stress, loss, and illness. They can both increase our wisdom and also potentially reduce our well-being. Join Dr. Christine Ritchie as she discusses how to optimize well-being and flourishing, while at the same time navigating the adjustments and health challenges that often come with aging. She will discuss evidence-based strategies for living as well as we can for as long as we can.



Featured Speaker: Christine Seel Ritchie, MD, MSPH

Dr. Ritchie is the Kenneth L. Minaker Endowed Chair in Geriatrics and Director of Research for the Division of Palliative Care and Geriatric Medicine at Mass General. She is a board-certified geriatrician, palliative care physician, and health services researcher who conducts research focused on optimizing quality of life for those with chronic serious illness. Dr. Ritchie directs the Center for Aging and Serious Illness Research in the MGH Mongan Institute and the MGH Dementia Care Collaborative.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/81472560896>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

