

# Exercise and Aging: Maintaining Motivation to Move

**Date:** Tuesday, September 17, 2024

**Time:** 12–1 pm (Eastern Time)



Exercise and physical activity can help you stay healthy as you age. Join Dr. Lisa LaRowe as she discusses the profound benefits of exercise, including improved mobility, mood, and overall quality of life. She will also provide practical recommendations for incorporating exercise into your daily routine and discuss evidence-based strategies to stay motivated and committed to your fitness goals.



## Featured Speaker: Lisa LaRowe, PhD

Dr. LaRowe is a clinical psychologist and health behavior researcher in the Mongan Institute Center for Aging and Serious Illness and Division of Palliative Care and Geriatric Medicine at Massachusetts General Hospital. She conducts research focused on understanding and promoting health behavior change among midlife/older adults. The ultimate goal of her work is to optimize the well-being and quality of life of aging adults.

- 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/87488863132>
- Please submit questions you may have about the topic before the program to: [PFLC@partners.org](mailto: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](mailto:PFLC@partners.org)



## Blum Center Program Schedule

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