



The VCU Institute for Women's Health Presents:

Transforming Aging: Let's #Disrupt Ageism Together

How to Treat a Woman: Strategies for Healthcare & Self-Care

An ongoing, series of brown-bag seminars focused on
women's health ~ open to all

Date: Thursday, April 13, 2017

Time: 12:00 noon to 1:00 p.m.

Location: Main Hospital, First Floor Learning Center (1250 E. Marshall St.)

About the Presentation

Ageism is a well-documented, systemic phenomenon whereby prejudice toward aging and older adults is expressed explicitly through actions and behaviors and implicitly through attitudes, beliefs and values. In short, ageism is contagious, it is a socially transmitted disease. There is still much work to be done to create a "new lens" in which we challenge society's long standing view of aging as deterioration and decline. This presentation will describe how subtle language based age discrimination and micro-aggression impact aging anxiety and internalized ageism. Dr. Welleford will share how to promote "Optimal Aging for Individuals and Communities"



Learning Objectives:

By the end of this presentation, participants will be able to discuss:

1. How to recognize frequently overlooked and subtle forms of ageism.
2. The damaging nature of internalized ageism to ourselves and others.
3. How we can disrupt ageism together and why we need to.
4. Ideas for a new vision for owning a happy, healthy life at any age

About the Speaker: Dr. Welleford received her B.A. in Management/Psychology from Averett College, M.S. in Gerontology and Ph.D. in Developmental Psychology from VCU. She has taught extensively in the areas of Lifespan Development, and Developmental Gerontology, as well as Ethical Decision Making. As an educator, researcher, and previously as a practitioner she has worked with a broad spectrum of individuals across the lifespan. As Associate Professor and Chair of VCU's Department of Gerontology, she currently works to #DisruptAgeism while "Promoting Optimal Aging" through her Teaching, Scholarship, and Community Engagement.

Fees: None — free and open to all. No pre-registration required

For more information: visit www.womenshealth@vcu.edu or call 804-827-1200

1.0 CE Contact Hour continuing education provided at completion of session

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