

*The Science of Aging*  
*What You Can Do for Your Health and Healthcare*  
**A Yale School of Medicine Panel Discussion**  
**Monday, January 21st, 2019, 3:00-5:30 p.m.**  
**Sheffield Theatre, Moorings Park**



**Welcome:** Diana Bailey, Executive Director - Health Services, Moorings Park  
Michael Hanson, Y'65, President, Yale Club of Southwest Florida

**Introduction of Panelists:** Dr. Hiranya Rajasinghe, Y'88 MD

**Presentations:**

Dr. Mary Tinetti  
Professor of Geriatric Medicine  
*"How to Get What Matters Most to You from Your Healthcare"*

Dr. Leo Cooney  
Professor of Geriatric Medicine  
*"Maintaining Independence"*

Dr. Brienne Miner  
Medical Instructor/Sleep Specialist  
*"Sleep and Aging"*

Dr. James Lai  
Assistant Professor of Clinical Medicine  
*"Translating Research into Practice: The Age-Friendly Health System"*

**Questions & Answers:** Moderated by Dr. Rajasinghe

**Closing Reception**