

Chronic Stress, Existential Stress, & Biological Aging

DECEMBER 1, 2021 AT 10:30 AM



Tulane SPHTM
Distinguished Speaker

TULANE UNIVERSITY
SCHOOL of PUBLIC HEALTH
& TROPICAL MEDICINE



ELISSA EPEL, PhD

**Diboll Auditorium, Ground Floor of the Tidewater Bldg. (1440 Canal St.
New Orleans LA, 70112) and Online**

Register here to attend & to receive the Zoom Link: <https://bit.ly/3HdfMl6>

Elissa Epel, PhD, is a Professor and Vice-Chair in the Department of Psychiatry at the University of California, San Francisco (UCSF). She is the Director of the Aging, Metabolism, and Emotions Center, Associate Director of the Center for Health and Community and the National Institute of Diabetes and Digestive and Kidney Diseases, UCSF, Nutrition Obesity Research Centers, member of the National Academy of Medicine, President of the Academy of Behavioral Medicine Research, and Co-Chair of the Mind and Life Institute Steering Council.

Dr. Epel studies psychological, social, and behavioral processes related to chronic psychological stress that accelerate biological aging, with a focus on overeating and metabolism, and the telomere/telomerase maintenance system. She and her colleagues develop and test interventions that combine behavioral, psychological, and mindfulness training.

This event is presented by the Tulane Office of Research Development & Administration of the School of Public Health and Tropical Medicine.