

AGING WELL: THE SIX PILLARS OF LONGEVITY

Course Syllabus: Spring, 2026

Thursdays at Carnegie Heights, 1-3pm

Instructor: Richard I. Berman, Ph.D.

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| Feb. 05 | Introductions of class members
Introduction to the Six Pillars of Longevity |
| Feb. 12 | The Dementias (Alzheimer's Disease, etc.)
<i>including tips to minimize risk</i> |
| Feb. 19 | Pillar #1: Nutrition (part 1) fundamentals |
| Feb. 26 | Pillar #1: Nutrition (part 2)
a) sugar and inflammation
b) vegetarianism (Nick Saines, Ph.D.) |
| Mar.05 | Pillar #2: Physical Fitness (part 1) |
| Mar. 12 | Pillar #2: Physical Fitness (part 2) |
| Mar.19 | <i>Spring Break: no class meeting today</i> |
| Mar. 26 | Pillar #3: Lifelong Learning |
| Apr. 2 | Pillar #4: Restorative Sleep |
| Apr. 9 | Pillar #5: Social Connectiveness |
| Apr. 16 | Pillar #6: Stress Management |

Notes: There may be time for students to make 15 minute presentations and to learn from videos made by Drs. Peter Attia and/or Mark Hyman as well as videos on the Blue Zones.

Like all things in life, this syllabus is subject to change.