

The Aging Body: Ask the Experts

Sept 11, 2026 : How Does the Aging Process Occur? Lisa Yeh, DO

Learning Objectives: At the end of this class, the participants will be able to:

1. Discuss the normal aging process of our body's cells.
2. Explore the impact of genetics and environment on the aging process.
3. State the three stages of 'old age'.
4. Identify two strategies to influence the stages of aging.

References to help you prepare for class:

- <https://www.health.harvard.edu/healthy-aging-and-longevity/aging-overview-a-to-z>
 - Harvard Health Publishing, Harvard Medical School. **Aging overview** (Feb, 2026). Reviewed by Howard E. LeWine, MD
- <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>
 - Mayo Clinic. **Aging: What to expect.** (Nov, 2024).
- <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>
 - World Health Organization. **Ageing and health** (Oct, 2025)

Videos

- <https://www.youtube.com/watch?v=GASaqPv0t0g>
 - Why do our bodies age? - Monica Menesini (5 min 9sec)