Learning Objectives: At the conclusion of this presentation, participants should be able to:

1. Restate the major hallmarks of aging and discoveries of the biology of aging.
2. Recognize examples of preclinical studies which target biological pathways and master genes to improve lifespan and health span.
3. Present clinical trials in which discovered nutritional, pharmacological and life-style interventions are utilized to target genes and pathways in humans to optimize performance.

Dr. Leeuwenburgh has disclosed no relevant financial relationships. No one else in a position to control content has any financial relationship(s) to disclose.

Conflict of interest information for the CME Advisory Committee members can be found on the following website:
https://cme.ufl.edu/disclosure/.

CME Information

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