



LIFE
begins at 40

Through this book's inspiring and helpful advice, thousands of men and women, fearful of middle age, have lost their anxieties and found new ways to make life richer, happier, and more worth living.

WALTER B. PITKIN

PocketBOOK edition COMPLETE AND UNABRIDGED

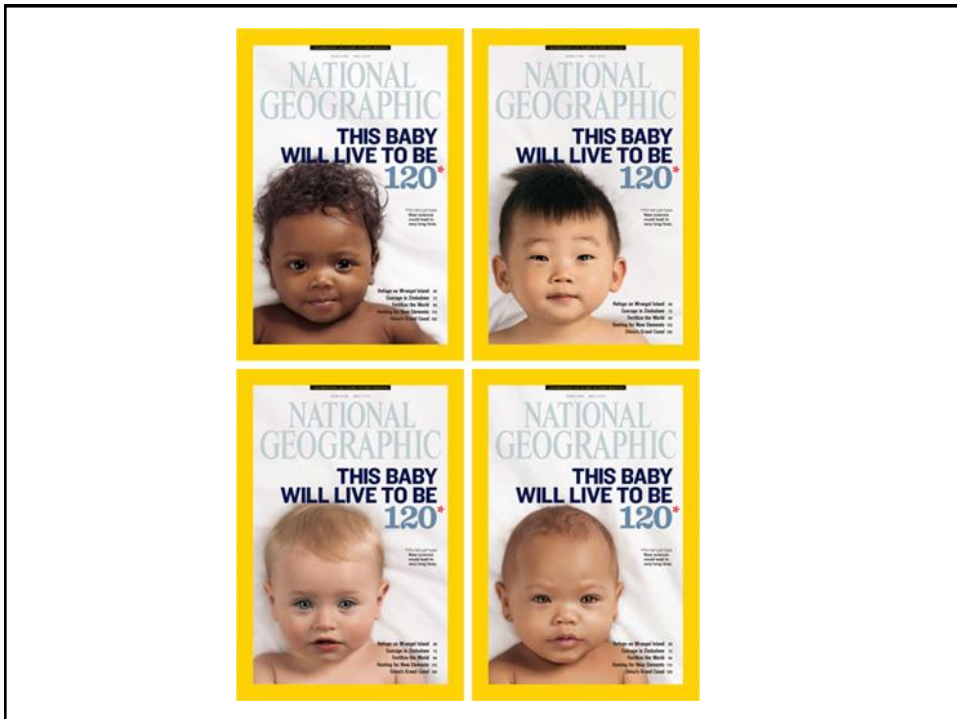
Advancing Science. Enhancing Lives.



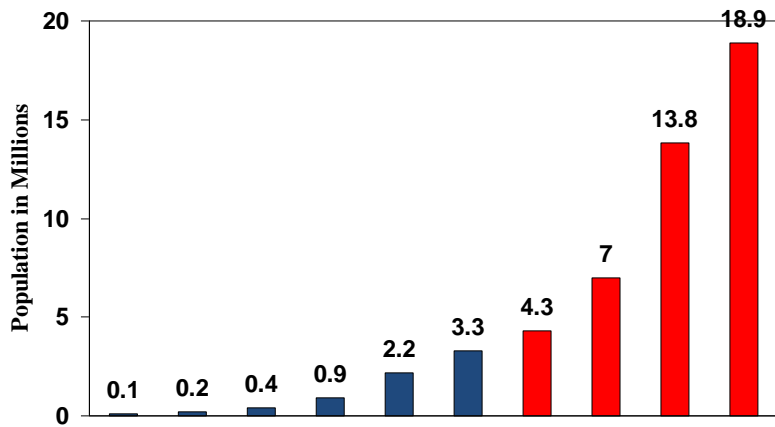


Kathleen Casey-Kirschling
Born January 1, 1946

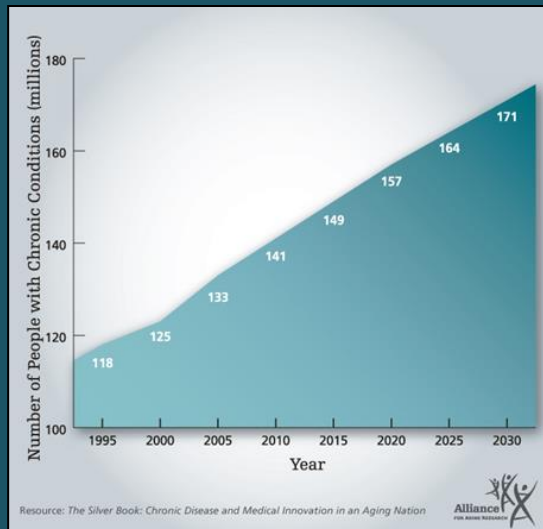




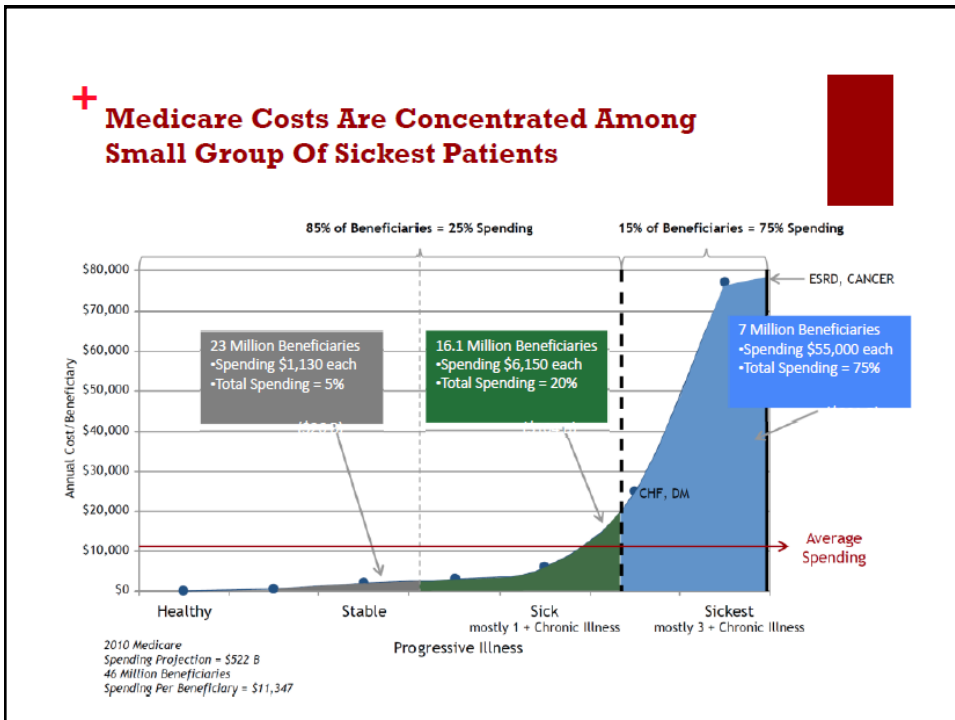
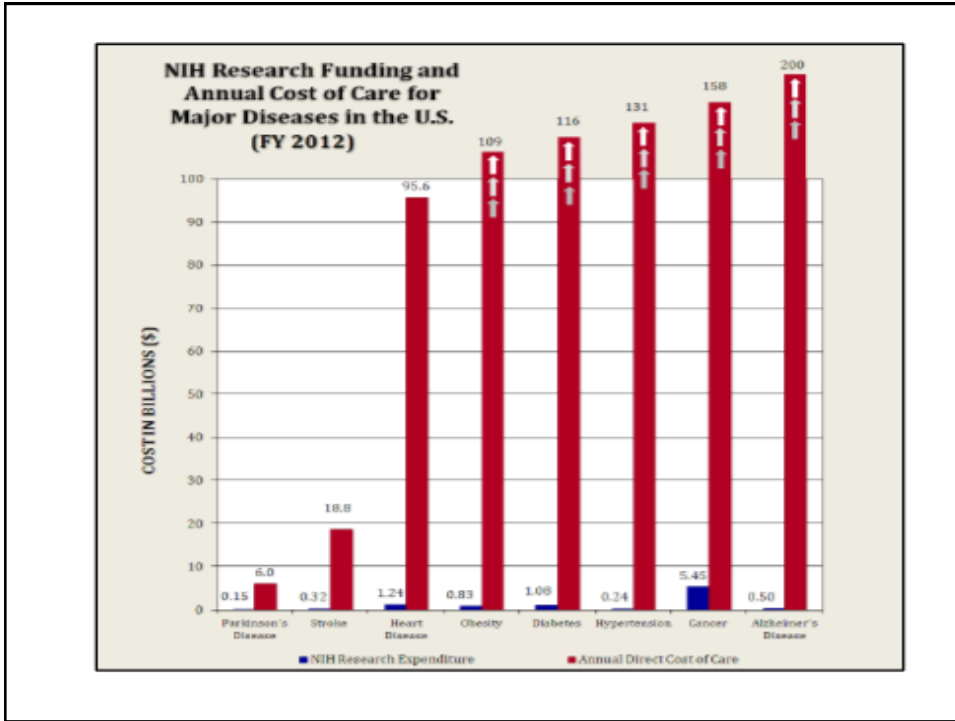
U.S. Population 85 and Older: 1900-2050 Census Data and Middle Series Projections



Chronic Disease on the Rise



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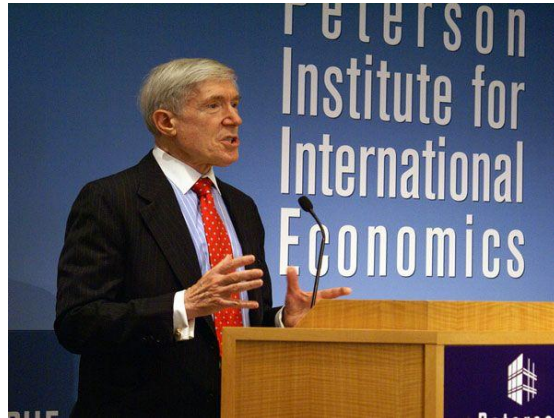


HEALTHY AGING TOOLBOX

- Prevention of Chronic Disease
- Care Coordination / Transition of Care
- Medication Management
- Health Coaching
- Team-Based Geriatric Care
- Assessments of Dexterity, Locomotion, Balance
- QOL Measurement Tools



Advancing Science. Enhancing Lives.



“The nations that learn to tap the productive potential of their aging populations will be those that dominate the century economically, socially and politically.”

Robert D. Hormats
Undersecretary of State

Advancing Science.
Enhancing Lives.

Dan Perry
President and Founder



www.agingresearch.org