

UCR Retirees' and Emeriti Associations and UCR Osher
Present

The Edward A. Dickson Emeritus/a Professorship Lecture Series

"*Flourishing, Long Life, and the Nature of Health*"

Tuesday, November 1, 2022

3:00 p.m.

Presentation delivered via Zoom

Featuring

Howard Friedman

**Distinguished UCR Professor Emeritus of
Psychology**



Description

For his work on “changing how we think about the nature of health,” Dr. Friedman received the **McKeen Cattell Award** from the Association for Psychological Science, a career award for applied scientific research. His research on disease-prone and self-healing personalities (terms he coined) led to the Outstanding Contributions to Health Psychology award from the American Psychological Association. A UCR professor since the days of Chancellor Ivan Hinderaker, Professor Friedman has also received UCR’s Distinguished Teaching Award, and the national **Elizabeth Hurlock Beckman Award**, for “inspiring students to make a difference in the community.”

Why do some people thrive well into old age while others become ill or die young? Our studies of the lifetime pathways of 1500 Americans who were initially assessed as children in 1921 suggest a conceptual shift in how we think about health. As current events have made starkly clear, health is much more than the absence of diagnosed disease.

Recommended Reading: *The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study* (available on Amazon or see <http://www.howardsfriedman.com/longevityproject/>)

Register

Register online through the retiree and emeriti webpage at:

https://ucriverside.az1.qualtrics.com/jfe/form/SV_0TURtrotHWXrxjM