## THE SECON FFY

Answers to the **7 Big Questions** 

of Midlife and Beyond

Debra Whitman, PhD

## SU Alumni Association and **Aging Studies Institute BOOK TALK**



Debra Whitman G'96, Ph.D.'97 **AARP Chief Public Policy Officer** 

> **Date:** April 4, 2025 Time: 12:00 - 1:00 PM Location: 220 Eggers Hall (Dr. Paul and Natalie Strasser Legacy Room)



**Register Here** 

Whitman, globally recognized expert on aging and author of the recently published book "The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond."

Drawing from her research, Whitman will share insights on topics related to aging including brain health, longevity, value of social connections and more, to help us navigate life after 50.