

# Summer course (2 ECTS)

## Does vitality matter?

### Programme

**Concept & definitions**

**Psychological vitality**

**Physical vitality**

**Social connections**

**Biomarkers**

**Social determinants**

### Lecturers

**Prof. Dr. C. Ryff**

**Dr. F. van der Ouderaa**

**Dr. J. Lindenberg**

### Date

**July 16-20, 2012**

### Time

**09.30-13.00:**

**lectures**

**13.00-14.00: lunch**

**14.00-16.00:**

**project work**

### Place

**Poortgebouw, south entrance, 1st floor, foyer**

### Register

**Before July 1 via**

**[www.leydenacademy.nl](http://www.leydenacademy.nl)**

### Admission

**Students € 75**

**Professionals € 295**

### Contact

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Increased life expectancy is creating entirely new opportunities and challenges for society in all spheres of life.

However, the science of human ageing is relatively young and in most cases has focused on treatment of age-related morbidities rather than understanding the lifestyles and potential interventions that result in healthy longevity, well-being and vitality.

This summer course shall focus on vitality. Vitality is a more inclusive construct than for instance healthy ageing. It acknowledges that the majority of people of over 60 has one or more co-morbidities. Notwithstanding these, they can still live to a high degree of well-being and fulfillment. The question is how do they manage this? In other words, how do they maintain vitality despite that the odds might seem somewhat against it?



## Leyden Academy

ON VITALITY AND AGEING

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