

Engaging, Thought Provoking Talks that Inspire Purpose, Resilience, and Connection in Later Life with Dr. Joe Casciani



Designed for senior communities seeking more meaningful, enriching programming beyond traditional activities

New Chapters, New Purpose: Finding Meaning Later in Life

Discover how later life can be a powerful time of reinvention and growth. This inspiring program highlights strategies, tools, and stories that encourage seniors and caregivers to rediscover purpose and meaning at any age. Participants leave with practical ways to rediscover purpose and create meaningful steps.

Embracing the Upside: A Psychologist's Guide to Aging Well and Overcoming Setbacks

A motivational keynote on resilience, mindset, and the psychology of aging well. Drawing from clinical experience and real-life stories, this talk empowers older adults and professionals to thrive while navigating life's inevitable challenges. Learn simple mindsets that help individuals adapt, stay engaged, and move forward with confidence.

Understanding Alzheimer's Disease and Related Dementias

A practical, clear talk that separates fact from fiction about Alzheimer's, dementia, and normal age-related memory changes. Attendees learn early warning signs, risk factors, and prevention strategies – essential knowledge for seniors, families, and caregivers.

Are 40% of the World's Dementias Preventable?

Explore research suggesting that nearly 40% of dementia cases could be delayed or prevented. This session dives into modifiable risk factors, brain health strategies and practical lifestyle choices that promote cognitive wellness.

Dementia-Related Behaviors: Understanding the Triggers and How to Manage Them

An essential program for caregivers and senior living professionals. Learn why challenging dementia-related behaviors occur, what triggers them, and how to apply proven strategies for calming and supporting individuals with memory loss.

Bring **Dr. Joseph Casciani**, psychologist, author, and host of the *Living to 100 Club Podcast*, to your community for an engaging, evidence-based presentation. His talks blend psychology, humor, and practical takeaways to help older adults, caregivers, and professionals embrace the positive side of aging.

Available as: Keynote presentations, Interactive workshops, and Follow-up discussion groups
Presentations include PowerPoint slides, handouts, and discussion time.

Request booking at Info@Livingto100.Club.