



# Dialogue on Aging Public Presentation Series

*A partnership between Providence Health Care and the Edwin S.H. Leong Centre for Healthy Aging*



THE UNIVERSITY OF BRITISH COLUMBIA  
Edwin S.H. Leong Centre for Healthy Aging  
Faculty of Medicine



**Providence  
Health Care**

**Dialogue on Aging Public Presentation – February 26<sup>th</sup>, 2025**

**Virtual Presentation: 2:00–3:30 PM PST**

## **The Stress Prescription: Ridding Toxic Stress and Using Daily Stress for Good**

**Dr. Elissa Epel**

**Ph.D**



**Elissa Epel**

**Director, Aging Metabolism  
Emotions Center, University of  
California, San Francisco (UCSF)**

**Professor and Vice Chair of  
Psychology,  
Department of Psychiatry &  
Behavioral Sciences,  
UCSF**

We will review how different types of stress affect aging. You will take a close look at your day, identify hidden stress and ways to improve your stress resilience.

Elissa Epel is an international expert on stress, well-being, and optimal aging and a best-selling author. She is a Professor in the Department of Psychiatry & Behavioral Sciences, at the University of California, San Francisco, where she is Vice Chair of Psychology and directs the Aging Metabolism Emotions Center. She studies the environmental, psychological, behavioral, and social factors that impact cellular aging (such as telomeres, inflammation, and mitochondria), and is also focusing on climate wellness.

She studies how self-care practices such as meditation and positive stress can promote psychological and physiological thriving and is interested in large-scale interventions for communal well-being and health equity. She co-wrote the New York Times best-seller “The Telomere Effect: A revolutionary approach to living younger, longer” with Nobel Laureate Elizabeth Blackburn (translated into 30 languages) and the new “Stress Prescription,” an independent bookstore best seller and has been translated into 15 languages.

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