



Dialogue on Aging Presentation Series

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



**Providence
Health Care**



THE UNIVERSITY OF BRITISH COLUMBIA

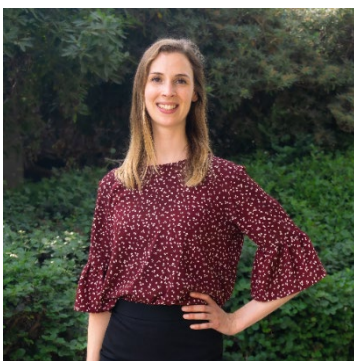
Edwin S.H. Leong Centre for Healthy Aging
Faculty of Medicine

Virtual Presentation (Zoom)

Wednesday, November 5, 2025, 2:30 PM – 4:00 PM

Coping with heat: recommendations and challenges for aging

Dr. Theresa Pauly



As climate change intensifies, communities are facing more frequent and severe extreme heat events. This presentation highlights the growing need to understand how aging populations can prepare for and adapt to hotter summers. Drawing from current research and practical examples, it explores the physical, social, and environmental factors that influence vulnerability, as well as effective strategies for protection and resilience. Emphasizing both individual action and community-based approaches, the session aims to foster dialogue, share knowledge, and inspire collaborative efforts to safeguard health and wellbeing in a warming climate.

Theresa Pauly, PhD

**Canada Research Chair in
Social Relationships, Health,
and Aging**

**Assistant Professor,
Department of Gerontology,
Simon Fraser University**

**Associate Investigator,
Edwin S.H. Leong Centre for
Healthy Aging,
University of British
Columbia**

About the speaker:

Dr. Theresa Pauly's research revolves around biopsychosocial contexts of health. Employing an interdisciplinary framework, she explores the bio-behavioural pathways linking social relationships to health outcomes throughout adulthood and old age. A distinguishing aspect of her research lies in the use of ambulatory assessment techniques, which capture real-time biopsychosocial data as older adults navigate their daily routines, transcending disciplinary boundaries between social and clinical research. The ultimate goal of Dr. Pauly's research is to inform the development of targeted interventions aimed at promoting resilience in older adults.

Register online:

<https://tinyurl.com/ybhemp8s>

