

Calorie Restriction Society Third Conference
Charleston, SC
Program Schedule

Wednesday November 3

5:00 PM *Welcoming Party at the Hotel*

Thursday November 4

Morning

9:30 **Brian Manning Delaney**: *Greeting from the CR Society President*

10:00 **Robert Krikorian**: *A Personal History of CR Society Gatherings*

10:30 **Lisa Walford**: *Roy Walford Remembered*

“It's a shame to die so young because it takes so long to learn how to live.”

The Art Behind the Science: Thoughts, Fantasies, and Musings of Roy L Walford

An Original Life: A Film Biography of Dr. Walford

Afternoon

1:30 **Michael Rae**: *The Art and Science of Supplementation for Health and Longevity*

3:15 **Christiaan Leeuwenburgh**: *Is Aging due to Oxidative Stress, Inflammation, and Apoptosis? What We Have Learned from Life-long Calorie Restriction and Life-long Wheel Running Studies*

Friday November 5

Morning

9:00 **Paul McGlothlin**: *Resveratrol – CR Mimetic?*

10:30 **Konrad Howitz**: *Lifespan Extension by Plant Polyphenol Sirtuin Activators: A Case of “Xenohormesis”?*

Afternoon

1:30 **Edward Masoro**: *Overview of Caloric Restriction and Aging*

3:15 **Mark Mattson**: *Meal Frequency and Health: Cellular and Molecular Mechanisms*

Saturday November 6

Morning

9:30 **John Holloszy**: *Comparison of Effects of Exercise and Caloric Restriction*

11:00 **Luigi Fontana**: *Long-Term Calorie Restriction in Humans: An Update*

Afternoon

2:00 **Scientific Panel**: *Discussion and Question & Answer Session*

Sunday November 7

Morning

9:30 **Robert Krikorian**: *Closing Comments*

10:00 **Brian Manning Delaney**: *CR Society Business Meeting*