

Program Schedule

Wednesday November 7, Sunset Station Crown 1

6:30 pm Welcome Party

Thursday November 8, Sunset Station Depot 3

Morning

8:30 Conference Registration

10:00 **Meredith Averill**: *Welcome message from the CR Society Board Chair*

10:20 **Paul McGlothlin**: *CR Society research initiative*

10:45 **Bob Cavanaugh**: *Calorie restriction with optimal nutrition: It is what it is*

Afternoon

12:00 Group lunch, Sunset Station Depot 3

2:00 **April Smith**: *How increased involvement of women is changing the public perception of CR, the CR Society, and individual experiences of CR*

3:00 **Nick Colby**: *CR and cultural well being as determinants of general health*

4:00 **Michael Rae**: *Prospects for an anti-aging compound*

Friday November 9, Sunset Station Depot 3

Morning

9:00 **Arlan Richardson**: *Is oxidative stress important in aging?*

10:00 **James Nelson**:

11:00 **William Ward**: *Metabolic effects of PGC-1 α overexpression in the C57Bl6 mouse*

Afternoon

2:00 **John Holloszy**: *The Washington University study on members of the Calorie Restriction Society: Update and future plans*

3:30 **Edward Masoro**: *Mechanisms underlying caloric restriction-induced life extension*

Saturday November 10, Sunset Station Depot 3

Morning

9:00 **Bradley Willcox**: *Human caloric restriction phenotypes and exceptional longevity in Okinawa and Hawaii: Novel findings from the Okinawa Centenarian Study and the Hawaii Lifespan Study*

10:30 **Jay Phelan**: *How can caloric restriction increase longevity substantially in animal models but not in humans?*

Afternoon

1:30 **Steven Austad**: *Are humans laboratory animals?*

3:00 Scientific Panel

7:00 Group Dinner, Sunset Station Depot 3

Sunday November 11, Sunset Station Crown 1 & 2

Morning

9:30 CR Society members meeting

11:00 Adjournment