



## **Environmental Health Science & Healthy Aging Across the Lifespan A Training for Health Advocates, Educators, Activists & Health Care Professionals**

**May 7-9, 2013  
at Commonweal in Bolinas, California**

The Collaborative on Health and Environment (CHE) invites you to apply for a training on Environmental Health Science and Healthy Aging Across the Lifespan. This training is part of CHE's Primary Prevention Environmental Health Science Training Program.

Research shows that the potential to reach older age with healthy bodies and minds can be affected at every stage in the life's trajectory by environmental factors. Environmental stressors that women, men, and children routinely experience can impact health outcomes far into our future as well as the present.

This training is designed for people working as health care providers, advocates, educators, and community activists who want to bring a greater emphasis on environmental health to their work serving elders. You do not need a formal scientific background in environmental health or other sciences to apply.

The goal of the training is to deepen participants' scientific understanding of environmental factors affecting the aging process throughout life so they can be more effective champions for a healthier world. The training will present evidence-based science in lay language. Participants will have the opportunity to share their own personal and professional experiences with aging issues.

The training will be held at Commonweal ([www.commonweal.org](http://www.commonweal.org)), a health and environmental research, educational, and service institute in Bolinas, California, one hour north of San Francisco. The Commonweal Retreat Center overlooks the Pacific Ocean – an ideal place for active learning in a comfortable and supportive environment away from hectic day-to-day demands.

### **Training Topics**

- Aging, environment, and disease trends – a century of dramatic change in multiple environments.
- Ecological models for understanding the complex web of interconnected factors that influence health.
- Biologic mechanisms of action that underlie and are shared within the “Western Disease Cluster.”
- The roles of nutrition, chemical exposures, the built environment, socio-economic status, and other factors on health from early in life until old age.
- Dementia and environmental risk factors.
- Exploring scientific uncertainty and decision-making. How is “risk” best managed?

To apply, please download the application from  
<http://www.healthandenvironment.org/ehtraining>

Return your application to [EHTraining@healthandenvironment.org](mailto:EHTraining@healthandenvironment.org).

**Acceptance:**

Acceptance into the training is based in part on a commitment to apply what you learn to your work, so please be sure to explain that commitment clearly.

**Cost:**

The training, which includes room and board, is offered on a sliding scale of \$250-\$1,500 for the three-day experience. Scholarships may be available on a limited basis. Please indicate in your application if you would like to be considered for a scholarship.

**Timing:**

The training will formally begin on Tuesday morning, May 7, 2013, and conclude with lunch on Thursday, May 9, 2013. Out-of-town participants will need to arrive on Monday afternoon, May 6, 2013.

**Priority consideration will be given to applications received by March 29, 2013.**



The Collaborative on Health and the Environment (CHE) is a diverse partnership of individuals and organizations working collectively to advance scientific knowledge and effective action to address growing concerns about the links between human health and environmental factors. CHE is a program of Commonweal. ([www.healthandenvironment.org](http://www.healthandenvironment.org)).

