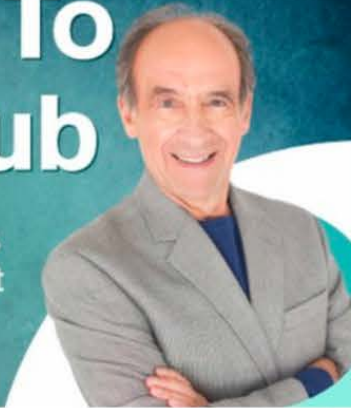


Living To 100 Club

Turning Aging on its
Head with your host

Dr. Joe Casciani



For inspiring perspectives on aging successfully, tune in to the **Living to 100 Club** Podcast.

The Living to 100 Club Podcast offers the best information about aging well, including topics like:

Why are adaptation and resilience so important in our senior years?

What steps can I take to age successfully?

What new approaches, products, and services are there to increase my longevity?

What are the breakthroughs that will be meaningful in my future?

In short, the Living to 100 Club brings our listeners conversations to help you embrace the notion of getting older and **CELEBRATE AGING!**

INSPIRATION AND EDUCATION ABOUT AGING WELL

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100SM Club
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BIO

Dr. Joseph Casciani has a 4-decade history in aging as a psychologist and manager of mental health practices. He is the co-author of a training manual for the CA Department of Aging for the state’s nursing homes. For 24 years, he oversaw psychological services for multi-state group practices for patients in nursing homes.

In 2018, he extended his professional interest in aging to the Living to 100 Club. The website offers a collection of resources on successful aging, Monthly Newsletters, and a library of 200 podcasts on aging, healthy living, and longevity. The Living to 100 Club offers inspiration and education about making the most of our senior years.

SPECIALTIES

SPEAKER

Presentations on physical, emotional, and intellectual wellness. Most popular presentation: “Look at the Upside: A Psychologist’s Insights about Aging Well and Managing Setbacks.”

CONDUCTING SUPPORT GROUPS

Motivating discussions in senior living settings to move beyond feeling stuck and toward starting new chapters.

PODCASTER

Hosting expert guests for four years.

CONSULTANT

1-on-1 psychological support for seniors and families facing stress from mental, physical, and personal challenges. Private pay only.

CLINICAL TRAINER

Training on psychological disorders; programs aimed at improving caregiver effectiveness, and compliance and cooperation of clients.

LATEST BOOK

LIVING LONGER IS THE NEW NORMAL

Lessons from a Geropsychologist on Living Longer and Making it Over the Hurdles



Make the most of life at any age and gain a powerful sense of control over your own aging. Learn what new doors can open as we embrace and celebrate our senior years.

Discover your journey to live a longer, healthier, and happier life. Scan the code above to purchase your copy.

NEW TRAINING MANUAL COMING SOON

The Living to 100 Club will soon have available a collection of evidence-based, educational, ready-made lessons for life enrichment directors in senior living settings.

This breakthrough program is aimed at increasing residents’ engagement and connection to their community, better adapting to age-related changes, and fostering cognitive growth.