

Become a Champion of Healthy Aging

- Learn more about your physical and mental health
- Your participation helps inform future research studies
- Your participation includes a yearly holistic report on your overall health

Contact Us

Please reach out to us anytime to ask questions, learn more, or sign up to participate.



Phone

(617) 363-8606



E-mail

hai@hsl.harvard.edu



The Healthy Aging Initiative



Hebrew SeniorLife



HARVARD MEDICAL SCHOOL
AFFILIATE

Your Involvement

- A phone call to determine eligibility
- Surveys completed over the phone or at home on your computer
- A single, yearly, one-on-one in-person assessment at your housing site in a convenient location

Leveraging the expertise of all scientists at the Hinda and Arthur Marcus Institute for Aging Research

- The Aging Brain Center
- Interventional Studies in Aging Center
- Frailty Research Program
- Mobility & Falls
- Musculoskeletal Research Center
- Neurostimulation Research Program
- Palliative Care



Tracking Your Health Over Time

The Healthy Aging Initiative's yearly assessments allow us to follow your health and progress over time. Particular areas of interest include:

- Memory
- Balance
- Mobility
- Hearing and Vision

Our Leadership



Alvaro Pascual-Leone, M.D., Ph.D.
Principal Investigator

Principal Investigator of the Healthy Aging Initiative, Dr. Álvaro Pascual-Leone, serves as a senior scientist at Hebrew SeniorLife's Hinda and Arthur Marcus Institute for Aging Research, the medical director at the Deanna and Sidney Wolk Center for Memory Health, and a professor of neurology at Harvard Medical School.



Davide Cappon, M.S., Ph.D.
Sub-Investigator

Sub-Investigator Davide Cappon, M.S., Ph.D., is an assistant scientist at the Hinda and Arthur Marcus Institute for Aging Research at Hebrew SeniorLife and a clinical neuropsychologist at the Deanna and Sidney Wolk Center for Memory Health. He is also an instructor of neurology at Harvard Medical School.