# 16th Annual Research Retreat

**Promoting Multi-Morbidity Resilience and Resistance**

**The Alumni House Ballroom**

155 S Central Campus Drive
Salt Lake City, UT 84112

**September 28, 2023**  
8am-Noon Keynote/Symposium Retreat  
Noon -2pm Poster Session

<table>
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<th>Time</th>
<th>Event</th>
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<tr>
<td>7:45 am</td>
<td>Sign In &amp; Continental Breakfast</td>
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<tr>
<td>8:15 am</td>
<td>Welcome by Executive Director, Mark A. Supiano, MD</td>
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| 8:30 am    | Heather Whitson, MD, MHS, Director, Duke Center for the Study of Aging and Human Development  
“I don’t bounce back like I used to: The Science of Resilience to Health Stressors” |
| 9:30 am    | Keith Diaz Moore, PhD, AIA, Associate Provost, Institutional Design & Strategy  
"Promoting Resilience through Environmental Design" |
| 10:00 am   | BREAK                                              |
| 10:20 am   | Kevin Duff, PhD, Professor of Neurology, Oregon Health & Science University  
“Practice Effects as a Marker of Cognitive and Brain Resiliency” |
| 11:20 am   | Peter Fino, PhD, Department of Health and Kinesiology and Sarah Creem-Regehr, PhD, Department of Psychology  
“The Effects of Age and Multisensory Integration on Balance and Navigation” |
| 12:00 pm   | Poster Session & Refreshments  
- Trainee Award Presentation |

Thank you for attending!  
Watch for more programs and info on our website: [www.aging.utah.edu](http://www.aging.utah.edu)