You are never too young to learn from the old. Can our elders serve as “experts” on how to live our lives?

• To answer this question, Dr. Karl Pillemer, author, internationally renowned gerontologist, and Professor of Human Development at Cornell University, decided to seek advice on how to live from the oldest Americans.

• In the Cornell Legacy Project, Dr. Pillemer surveyed over 1200 elders, asking them for their most important lessons for living – on topics like marriage, career, parenting, aging, regrets, happiness, and overcoming loss. In this talk, he highlights some of the key findings from the project, focusing on practical advice from the “Greatest Generation” for living a happier, healthier, and more fulfilling life.

Karl A. Pillemer, Ph.D. is Professor of Human Development at Cornell University and Professor of Gerontology at the Weill Cornell Medical College. His research examines how people develop and change throughout their lives. He has authored five books and over 100 scientific publications, and speaks throughout the world on aging-related issues.

Dr. Karl Pillemer