

## Sampler Program



### Overview

[Session 1: Sagience Program Context, Rationale, and Overview - March 18](#)

Select the sessions of your choice from modules below:



### Mind Module

[Session 2: The Psychology of the Second Half of Life – March 25](#)

[Session 3: The Psychology of Money – April 1](#)

[Session 4: Complexity of Mind – April 8](#)

[Session 5: The Psychology of Happiness – April 15](#)



### Body Module

[Session 6: Understanding and Dealing with Stress – April 22](#)

[Session 7: UltraWellness – April 29](#)

[Session 8: Taking Care of Your Body – May 6](#)

[Session 9: Nutrition, Supplements, and Hormones – May 13](#)



### Brain Module

[Session 10: Protecting and Enhancing Your Brain – May 20](#)

[Session 11: Exercising Your Brain – May 27](#)

[Session 12: Your Emotional and Social Brain – June 3](#)

[Session 13: Your Hidden Brain – June 10](#)



### Spirit Module

[Session 14: The Search for Connection and Community – June 17](#)

[Session 15: The Search for Meaning in the Second Half of Life – June 24](#)

[Session 16: The Search for Generativity and Legacy – July 1](#)

Engage in the Sagience program sessions that are of special interest to you.

The Sampler Program allows you to participate in individual program sessions, across the program areas of mind, body, brain, and spirit.

### Program Sessions

Participate in sessions of your choice during the 16-week Sagience program. Engage in the 90-minute program sessions, which involve presentation, discussion, exercises, and Q&A. Participate live in sessions by telephone, listen live on the internet, or listen to session recordings at your convenience. The sessions are taught by **Dr. Catherine Fitzgerald**, President of Sagience, LLC and by guest presenters who are recognized experts.

### Resource Library

Explore a private, Web-based Resource Library, which contains Power Point slides and an annotated bibliography for each session, as well as assessments, articles, and book chapters. The Library also contains a series of *Sagience Insights* (proprietary reports that distill information from key books and other sources) and *Sagience Research Reviews* (proprietary research summaries about critical topics)

