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## Newsroom

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# Second annual Social Gerontology Conference this weekend at Georgia Southern

OCTOBER 11, 2017

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The Center for Social Gerontology and the Division of Continuing Education at Georgia Southern will host the second annual Social Gerontology Conference from 8 a.m. to 4:30 p.m. Oct. 13, at the Nessmith-Lane Conference Center, 847 Plant Drive, Statesboro.

Jill Johns, a Laughter Yoga instructor and cancer survivor, will start the day with a Laughter Yoga session, which will be followed by breakout sessions on various topics related to aging.

Laughter Yoga encourages prolonged voluntary laughter, and is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter.

The conference mission is to provide cutting-edge research and discussion on issues facing older adults and their caregivers. Objectives include promoting and enhancing strengths and adaptations, maximizing the mental and physical health and enhancing the quality of life and promoting positive social environments for older adults and their caregivers.

This one-day conference will provide the opportunity for networking with others in the aging industry, as well as an opportunity to learn new ideas from top professionals within the aging industry. The conference will not only be geared toward supporting the efforts of professionals working with older adults, but will also be of interest to academics and students.

To register for the conference, visit <https://goo.gl/iGF85d>.

*Georgia Southern University, a public Carnegie Doctoral/Research University founded in 1906, offers 118 degree programs serving 20,673 students. Through eight colleges, the University offers bachelor's, master's and doctoral degree programs built on more than a century of academic achievement. Georgia Southern is recognized for its student-centered and hands-on approach to education. Visit [GeorgiaSouthern.edu](http://GeorgiaSouthern.edu)*

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