

AGE X COURSE

Workshop on the Biology, Nutrition, and Psychology of Aging
22-23 OCTOBER 2026



On **October 22–23, 2026**, a **two-day workshop** will take place at the **Network Aging Research (NAR)** at Heidelberg University, aimed at an introduction to research on aging, providing basic knowledge of and in particular an interdisciplinary perspective on this topic. The workshop is part of a project funded by the SEED4EU+ program, "Aging Across Scales: An Interdisciplinary 4EU+ Course on the Biology, Nutrition, and Psychology of Aging," in which colleagues from the universities of Copenhagen, Heidelberg, and Milan are cooperating.

Questions, findings, and issues in aging research from three different disciplines will be addressed:

- [Helena Borland Madsen](#), University of Copenhagen, will address the biological foundations of biological aging and present research on cellular aging (senescence).
- [Simone Perna](#), University of Milan, will present aging from a health sciences perspective, focusing in particular on research into the importance of nutrition for biological degenerative processes in old age.
- [Oliver Schilling](#), Heidelberg University, will present key topics and methodological issues in research on age-related changes in psychological functions of behavior and experience.

Doctoral students (as well as master students, postdocs, etc.) interested in research on ageing. are welcome to attend. Participation is free of charge and open to participants from all disciplines.

Where and when? Oct 22, 09:00-17:00, and 23, 09:00-16:00, at the NAR, Bergheimer Str. 20, 69115 Heidelberg. Free lunch, coffee etc. included.

Interested in attending?

- ➔ For registration please send a brief confirmation to: oliver.schilling@psychologie.uni-heidelberg.de
Registrations should be received by October 15 at the latest.