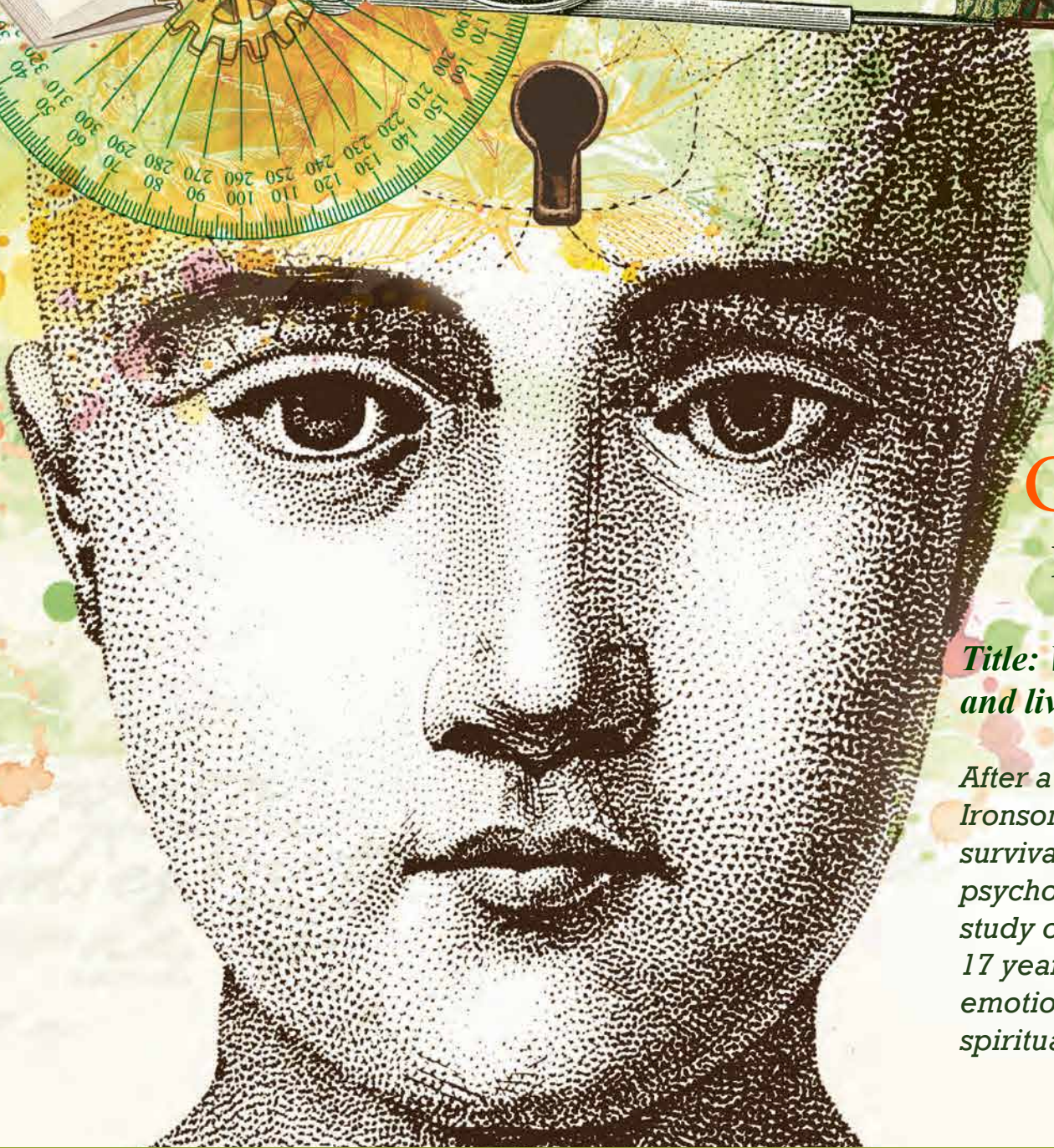


# Cooper Fellow

## LECTURE SERIES

**Thursday, September 15, 2022 3:30 P.M. via Zoom**

<https://miami.zoom.us/j/97750470768?pwd=VXBNVmZYb25kUTBvZFdqM0FHRE5SQ09>



**Gail Ironson, MD, PhD**  
PROFESSOR OF PSYCHOLOGY

*Title: What research tells us about how to be happy and live a long life: Positive Psychology Perspective*

*After a brief overview of theories of happiness, Dr. Ironson will present findings examining prediction to survival of several core constructs of positive psychology in two cohorts (in the Landmark nationwide study over 6 years, and in an HIV positive cohort over 17 years). The core constructs covered are positive emotions, optimism, meaning in life, and aspects of spirituality.*



UNIVERSITY OF MIAMI  
**COLLEGE of**  
**ARTS & SCIENCES**

Cooper Fellows Lectures are free and open to the public.

For more information, contact Rose Glemaud at 305-284-4021; [rglemaud@miami.edu](mailto:rglemaud@miami.edu).

[WWW.AS.MIAMI.EDU/LECTURES](http://WWW.AS.MIAMI.EDU/LECTURES)

Fall 2022