

Calorie Restriction Society's Third Conference November 4th - 7th, 2004



John O. Holloszy, MD

Exercise Pioneer to improve quality of life for elderly. Lead Investigator PNAS study proving "How CR Drastically Reduces Heart, Stroke, Diabetes Risk". Division of Geriatrics and Gerontology, Washington University, St Louis.

Luigi Fontana, MD, PhD

Research on How CR reduces atherosclerosis in humans. "Long-term CR and Endurance Exercise". Geriatrics Research Instructor, Dept Internal Medicine Washington Univ, St. Louis.



Edward J Masoro, PhD

Author of 100s of papers and several textbooks on CR & aging biology. "Overview of CR and Aging". Director Aging Research and Education Center (AREC) at UTHSCSA.

Mark P Mattson PhD

Advances in CR, aging, neural and brain research. "Meal Frequency: Cellular and Molecular Mechanisms". NIA-NIH Chief, Cellular & Molecular Neurosciences Section.



Christiaan Leeuwenburgh, PhD

— "Real Causes of Aging: Oxidative Stress? Apoptosis? Inflammation?" Director of Biochemistry Aging Laboratory, Univ. of Florida, Gainesville.

Konrad T. Howitz, PhD

"Sirtuin Activators as CR mimetics to extend lifespan. How Good?" BIOMOL International Director of Molecular Biology.



The Calorie Restriction Society (CR Society)

The goal of Calorie Restriction is to achieve a longer and healthier life by

- Eating fewer calories
- Maintaining adequate nutrition

Extensive scientific research has shown that a CR diet improves the health and extends the lifespan of every species so far tested, including worms, spiders, rodents, dogs, cows and monkeys.

We believe that people who adopt a CR diet will see the same results — longer life and better health.



The CR Society
www.calorierestriction.org

The Calorie Restriction Society

1827 W. 145th Street, Suite 205

Gardena, CA 90249

Phone: 1-800-929-6511

E-mail: secretary@calorierestriction.org

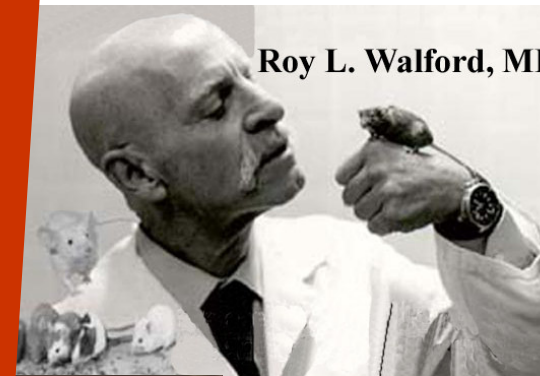
<http://www.calorierestriction.org>



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**Calorie Restriction Society's
Third Conference
November 4th - 7th, 2004
Charleston, SC**

Fewer calories. More Life.



Roy L. Walford, MD



Paul McGlothlin

Popular Speaker to discuss "CR mimetic" possibilities to extend human lifespan. Paul is a Long-time CR Practitioner and Lifestyle instructor.

- Learn about the practice and effects of Calorie Restriction (CR).
- Learn about the life extension potential of CR and how it lowers risks for age-related diseases.
- Meet & listen to CR practitioners and eminent scientists in this most important field of aging research .

Tentative Schedule

Wednesday November 3rd

5:00pm Welcome Reception at Hotel

Thursday November 4th

Morning

- **Robert Krikorian:** “Introductions; History”
- **Brian M. Delaney:** “President’s Greeting”
- **Lisa Walford:** “Roy: The life behind the Scientist and his Science”

Afternoon

- **Michael Rae:** “Art & Science of Supplementation for Health and Longevity”
- **Christiaan Leeuwenburgh:** “Is Aging Due to Oxidative Stress, Inflammation & Apoptosis?”

Friday November 5th

Morning

- **Paul McGlothlin:** “Resveratrol: CR Mimetic?”
- **Konrad Howitz:** “Lifespan Extension by Plant Sirtuin Polyphenol Activators: Xenohormesis?”

Afternoon

- **Edward Masoro:** “Overview of Caloric Restriction and Aging”
- **Mark Mattson:** “Meal Frequency and Health: Molecular and Cellular Mechanisms”

Saturday November 6th

Morning

- **John Holloszy:** “(TBD) CR Drastically Reduces Heart, Stroke, and Diabetes Risk”
- **Luigi Fontana:** “Longterm CR & Endurance Exercise Compared: Clues About Mechanisms”

Afternoon

- **Scientific Panel:** “Discussion and Q & A”

Sunday November 7th

Morning

- **Robert Krikorian, Brian M. Delaney:** “Closing Comments; Business Meeting”

Advance registration fee before October 2

CR Society Member \$150 (using \$35 discount coupon)
Non-Member \$185. Attending spouses may register for \$100.

After October 2

CR Society Member \$190 (using \$35 discount coupon)
Non-Member \$225. Attending spouses register for \$100.

Conference attendees not using the discount certificate will become paid members of the CR Society for one year unless they instruct otherwise.

We have reserved a block of rooms, including some of each type listed below.

The room rates are (low rate Wed,Thurs / high rate Fri,Sat): (+12% tax)

1 queen, non river view \$44/\$89
2 queen, river view low floor \$54/\$99
2 queen, river view high floor \$59/\$109

A rollaway bed can be added to any room for \$10/day.
There are a few refrigerators available for \$5/day that can be requested (no guarantee)

Unused rooms in our block will be released on Oct 2.
To arrange room sharing at less cost — 1-800-929-6511

To reserve your room:

Call The Howard Johnson Riverfront Hotel at 1-843-722-4000. Ask for the CR Society rate (Available Nov. 3-7). Your charge card will not be charged till checkout. You can cancel with no charge if done before Nov 2.

Howard Johnson Riverfront Hotel

<http://www.hojocharlestonsc.com/hotelhome/>

Visitor’s Bureau, Charleston S.C.

<http://www.charlestoncvb.com/>

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Registration Form— CR III
Calorie Restriction Society Third Conference
Charleston, South Carolina
November 4—7, 2004
(Questions or Credit Card Registration: 1-800-929-6511)

Name: _____

Gender: Male _____ Female _____

Please print your name, as you would like to have it on your conference badge:

Postal mailing address:

Telephone number (s) : _____

Email address: _____

We may post a list of the names of people who have registered for the conference from time to time.

Ok to post my name ___ Do not post my name ___

We may have a few catered CR banquet meals if there is enough interest. (at the last conference we had two lunches and one dinner) Rough estimate \$20—\$25 each. Would you be interested in:

Lunch _____ Dinner _____

For Mail-in Registration, please complete form, detach it, and include a check payable to “The CR Society”. Mail to:

David Stern
7223 South Route 83, Suite 142
Willowbrook, Illinois 60527

To Register by Credit Card: 1-800-929-6511

Registration Fee: _____
Spouse Registration: _____
Discount (enclose certificate): _____
Total amount enclosed: _____



www.aor.ca

Conference Sponsor