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Human Kinetics offers free webinars by leading experts in the field of active aging. As an instructor, we encourage you to use these video recordings in your classroom to enhance discussion, supplement your lectures, or to use as assignments. They cover a wide range of topics and help give real-world applications to class concepts.

- [The Science of Longevity](#) by Len Kravitz, PhD
- [Bending the Aging Curve: A Periodized Prescription for Improved Aging](#) by Joseph Signorile, PhD
- [Best Practices: Helping Older Adults Get Moving](#) by Active Living Partners

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