

Dr. Joe Casciani

Geropsychologist • Speaker • Author • Podcaster

Living longer IS the new normal!

Living longer is great but it's not always easy

Dr. Joe Casciani

(pronounced Cash-e-onnee)
inspires audiences to turn aging on its head, reconnect with their resilience, and age with positivity.

If your audience is 55+ they know this and many are wondering:

- How will I cope if I get sick or become disabled?
- How do I manage challenges and obstacles?
- How do I stay positive, so much is changing?

Dr. Joe has answers . . .

His approach is positive on all subjects like managing obstacles and eliminating emotional barriers. Your audience will benefit from his unique problem-solving formula for aging well while living longer.

Dr. Casciani has a 40-year history as a psychologist and manager of mental health practices specializing in the care of older adults.

His **Living to 100 Club** is a virtual community for the over 55 crowd. The content, podcast episodes, and events are curated to provide a trustworthy source of information and support for anyone looking to make the most of their decades to come.

Questions you can ask Dr. Joe:

- What does successful aging look like to you – is it just living longer?
- What does your tagline mean, “turning aging on its head?”
- How do we recover after suffering a loss or setback?
- How do we overcome depression in our senior years?
- What is there to celebrate about getting old?



Joe has been a guest on these podcasts:

- **Senior Care Industry Netcast**, hosted by Valerie Van Boven
- **Comprehensive Health and Wellness** with Dr. Deniz Armagan
- **Aging with Harmony Podcast**, hosted by Erica Sell
- **The Injured Senior Podcast**, hosted by Steven Heisler
- **Rebellious Wellness Over 50** with Gregory Anne Cox



Joe will promote your podcast on his social media platforms, including Facebook (personal profile and company page), and LinkedIn. In addition, these will be posted on his website, **www.Livingto100.Club**. He will also include a link and description of your business and podcast in his Newsletter.

Dr. Casciani has a 40-year history as a psychologist and manager of mental health practices specializing in behavioral health concepts in the care of older adults. That may sound dry but he is an upbeat speaker, with a good sense of humor and plenty of stories of hope and transformation. He combines his expertise with his insights on managing obstacles and emotional barriers, and has a unique problem-solving formula for aging well while living longer.

Joe's podcast, **Living to 100**, has been going strong for 2 + years now with weekly episodes.

He started **The Living to 100 Club** which is a virtual community for the over 55 crowd. The content and events are curated to provide a trustworthy source of information and support for anyone looking to make the most of their decades to come.

Let Dr. Joe inspire your audience to "turn aging on its head," with unique perspectives on aging successfully, overcoming obstacles, and starting new chapters.

"The feedback from your presentation was wonderful! The Board and other members were well informed and entertained. Thank you again for sharing your Living to 100 Club to the SD County Council on Aging."
— Annette Conway, PsyD

"Joe Casciani, PhD, has pieced together a tapestry of innovative topics illustrating strategies for successful aging not only how to increase longevity but how to find a path to achieve a life of resilience, dignity, creativity and insight."
— Paula E. Hartman-Stein, Ph.D.

Living to
100SM Club
TURNING AGING ON ITS HEAD