



IS PLANNING TO AGE 100 ENOUGH?  
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**45 Forward**  
**Monday at 12 Noon Pacific**  
**May 2nd 2022: How Digital Technology Is Aging Us—and What We Can Do About It**

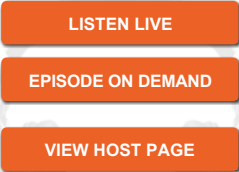
With the relentless march of digital technology over the last few decades, we've seen a contemporary society increasingly focused on making life faster, easier, convenient, more comfortable. But there's an underside to this pervasive technology. Modernity is working against many of our physical, intellectual and emotional needs, according to a growing body of research. It's actually making us age faster. In today's episode, Dr. Sherry Kelly, a widely recognized clinical psychologist and neuropsychologist, talks about her 30 years' experience researching and exploring ways to keep our brain vi

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**Featured Guest**



**Sherry Kelly**  
Sherry Kelly, Ph.D., is a Licensed Clinical Psychologist and Clinical Neuropsychologist with more than 30 years' experience in the field of child development. She is the Co-Chair of the Connecticut Psychological Association's Child & Family Committee, Chairman of the Parenting & Education Group of The Mental Wellness Society—an international non-profit—and featured lecturer for Meaningful Paths in the United Kingdom. Dr. Kelly began her career as an educational researcher in 1977 at the University of Minnesota Center for Youth Development and Research. Dr. Kelly completed her undergraduate degree in Social Education at Boston University. Dr. Kelly holds multiple master's degrees in psycholo

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