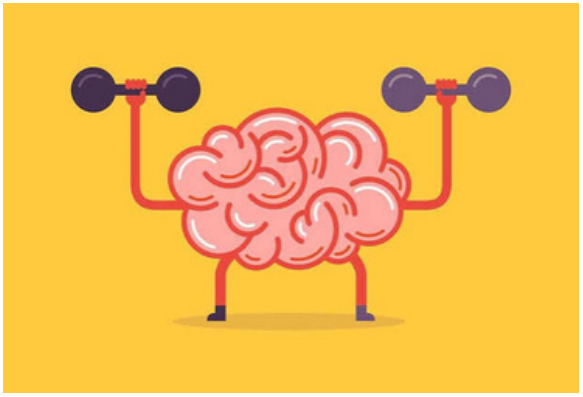
Osher Online™

A program of the Osher National Resource Center
at Northwestern University School of Professional Studies

WINTER2027

Functional Healthspan: Measuring What Matters

This hands-on course explores healthspan, the length of time a person lives in good health, through the lens of functional ability. We will examine how strength, endurance, mobility, flexibility, and cognition support independence and quality of life. Each session will blend evidence-based instruction with active self-assessments to help identify personal blind spots. By the end of the course, we will develop a personalized 12-week plan for building and maintaining function in daily life.



Click here to view course promo video

YOUR INSTRUCTOR: Scott Fulton



Scott Fulton is recognized internationally as a “Redefiner” in the positive aging space. Fulton’s research focuses on improving adult aging outcomes. He teaches lifestyle Medicine and Aging, is an American College of Lifestyle Medicine member, and sits on the True Health Initiative Council. His book, *WHEALTHSPAN, More Years, More Moments, More Money,* hit #1 on Amazon. Fulton is a multiple Ironman triathlete and lives in a demonstration home he designed and built for the future of optimal aging across a lifespan.

MONDAYS, JANUARY 25 THROUGH MARCH 1

8amPT | 9amMT | 10amCT | 11amET

Each live session is 90 minutes

- Monday, January 25
- Monday, February 1
- Monday, February 8
- Monday, February 15
- Monday, February 22
- Monday, March 1

To register, please contact your local Osher Institute.