

# The Science of Purpose

## How Meaning Supports Health & Well-Being



Purpose gives our lives direction—and science shows it also supports better health, brain function, and overall quality of life. In this engaging presentation, we'll explore what researchers have learned about the benefits of having a sense of purpose, including its positive impact on cognition and brain health, mental well-being, resilience, and aging well. Attendees will leave with practical ideas for recognizing and nurturing purpose in everyday life, helping to support both emotional and cognitive vitality at any age or life stage.



Stacey M. Schaefer, PhD  
University of Wisconsin  
Institute on Aging

**June 24, 2026**  
**11-12pm CST**  
**FREE WEBINAR**

**Register Here**