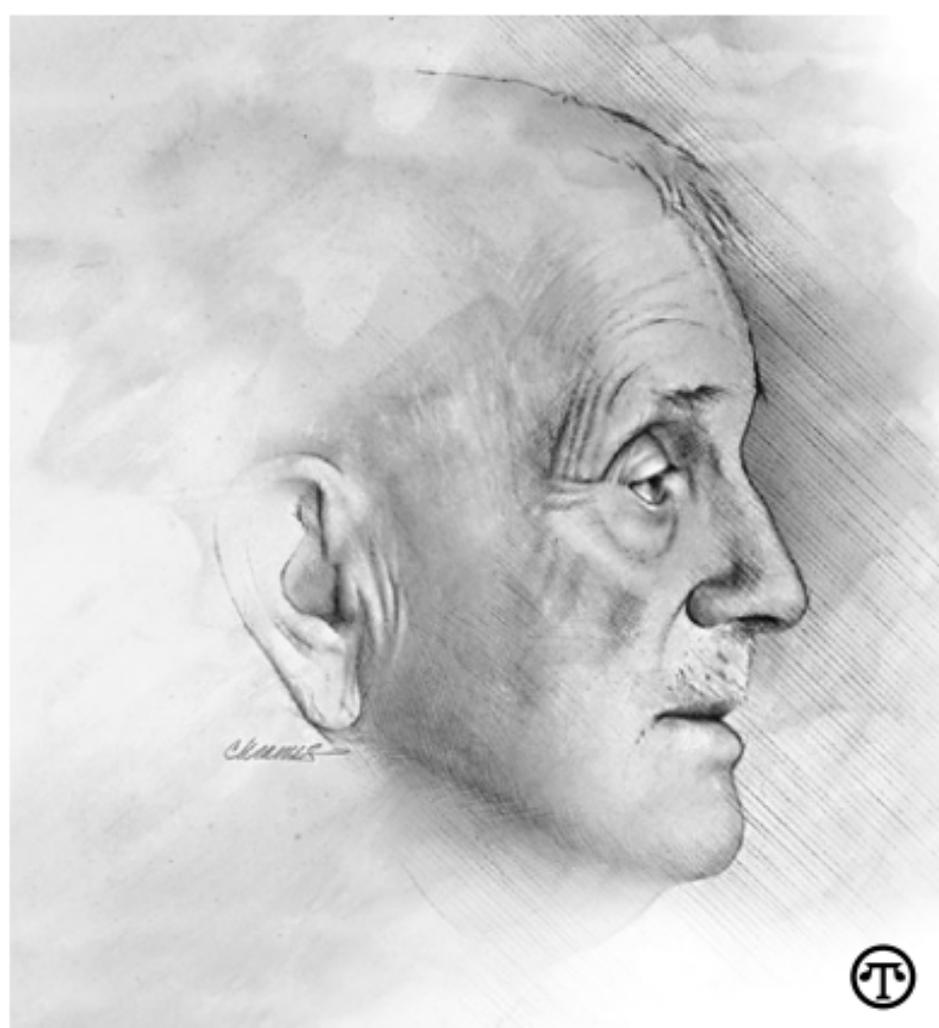




Science In Our Lives

Understanding Aging

(NAPSA)—The latest findings from researchers on the biology of aging are available in a free booklet from the National Institute on Aging at the National Institutes of Health, U.S. Department of Health and Human Services.



Living to 100 will likely become commonplace, a National Institute on Aging booklet predicts.

In easy-to-understand language, the beautifully illustrated *Aging Under The Microscope: A Biological Quest*, explains:

- What aging is and why people age.
- What role genes play in age and aging.
- What aging will be like in the future.
- How lifestyle—exercise, food, work, family life, drugs and ways of thinking—affects aging.
- What research is being done to increase our knowledge of age and aging.

For a free copy of the 50-page booklet call the NIA Information Center toll-free at 1-800-222-2225; e-mail: niaic@jbs1.com; or visit: www.nia.nih.gov.