



Improve your outlook on aging and body image with Nicole Christina, LCSW

Nicole is an experienced psychotherapist practicing in Syracuse, NY, who specializes in food and body issues, mindfulness, and positive aging. She's also a professional blogger and podcaster, with a focus on healthy aging and longevity.

LINKS

[Website: NicoleChristina.com](http://NicoleChristina.com)

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[The Impact of Age Stereotypes on Self-perceptions of Aging Across the Adult Lifespan \(The Journals of Gerontology: Series B, Volume 67, Issue 5, 1 September 2012, Pages 563–571, https://doi.org/10.1093/geronb/gbr153\)](#)

[National Senior Games](#)