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Gerontologist L.J. Rohan Launches Women-Focused National Campaign

Multidisciplinary specialist focuses on often-overlooked needs of aging women

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DALLAS, Texas (November 5, 2019) – The often-overlooked needs of aging women enters a new era as Certified Gerontologist (certified gerontology specialist) L.J. Rohan launches a nation-wide campaign delivering scientific breakthroughs and research to guide women 55 and older to live rich, fulfilling lives.



"The unique needs of aging women are still ignored by society; it's time for a serious discussion to focus on this," Rohan says. "Women need an advocate to address cutting-edge issues and explain how to best bring body, mind, and spirit together to live vibrantly."

Gerontology is the study of the social, cultural, psychological, cognitive and biological aspects of aging; it is the only scientific discipline combining the multi-faceted aspects of the aging process.

Rohan earned a Master's Level Certification in Gerontology from the University of Southern California's Davis School of Gerontology and holds undergraduate and graduate degrees from Southern Methodist University. She is also the creator of the [Gratitude Meditation app](#), which has been downloaded more than 53,500 times.

Her campaign comes at a crucial time in the history of world demographics: More than 59 million American women are currently 55 or older, with more entering this demographic every year. "However, there is little talk about women and various drug-free practices designed to slow the impact of aging on women's bodies, the physical brain and its cognitive functions," Rohan points out.

Rohan's campaign raises awareness through video tutorials, online conversations, a weekly newsletter, and a resourceful website separating the latest in academic and scientific discoveries from conjecture, and unproven theories and treatment suggestions.

"Shockingly, there is no single, reliable, trustworthy resource for women to learn how the fundamentals of gerontology can deliver what I call 'vibrant aging,'" states Rohan. "Vibrant aging combines attitude,

adaptation, exercise, altruism, nutrition, spiritual enrichment and much more to create greater regeneration and resiliency as one ages.”

For more information visit LJRohan.com, and follow her conversations and research on [Facebook](#), [Instagram](#) and [YouTube.com](#).

L.J. Rohan, Certified Gerontologist focusing on the needs of women, is available for media interviews and speaking engagements. [Access L.J. Rohan’s digital press kit for photographs and digital assets.](#) Contact publicist Diane Montgomery at 214-783-8285 or info@LJRohan.com.

***L.J. Rohan** is a Certified Gerontologist, blogger, and speaker, covering the latest scientific research related to aging, aging in place and the study of gerontology. She earned a Graduate (Master’s Level) Certification in Gerontology, from the University of Southern California’s Davis School of Gerontology.*

Rohan also holds undergraduate and graduate degrees from Southern Methodist University. In her previous career, L.J. was an award-winning interior designer for more than three decades. Additionally, she was an instructor at SMU, the University of Texas at Arlington, and Northwood University and has been a frequent speaker at universities, museums and cultural institutions throughout the United States. She is also the creator of the [Gratitude Meditation app](#), available via the iTunes App Store and Google Play.

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