Center for Health Equity Works in Progress

Tuesday, August 25th, 1:30pm – 2:30pm - lunch provided
717 Delaware, Room 303
RSVP: enzle009@umn.edu

“Enhancing Motivation for Physical Activity In the Context of Aging.”

Presented by: Siobhan McMahon, PhD, MPH, GNP-BC
Assistant Professor, School of Nursing
University of Minnesota

Dr. Siobhan McMahon is an assistant professor in the school of Nursing at the University of Minnesota. Her research interests include fall prevention, physical activity, intervention development, and mobile health (mHealth). Dr. McMahon’s program of research focuses broadly on promoting health and wellness among older adults. She is developing interventions that strengthen the motivation of older adults to participate in physical activities that optimize their health and reduce the occurrence of injurious falls that threaten their independence and quality of life. She is currently conducting a community-based study to assess the impact of intervention strategies that support interpersonal and intrapersonal motivation on physical activity behavior in adults over 70 years old.

Works in Progress is sponsored by the University of Minnesota Center for Health Equity (CHE). To present your research project or idea at a future seminar, please contact Andrew Enzler at 612-626-3378 or enzle009@umn.edu.

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