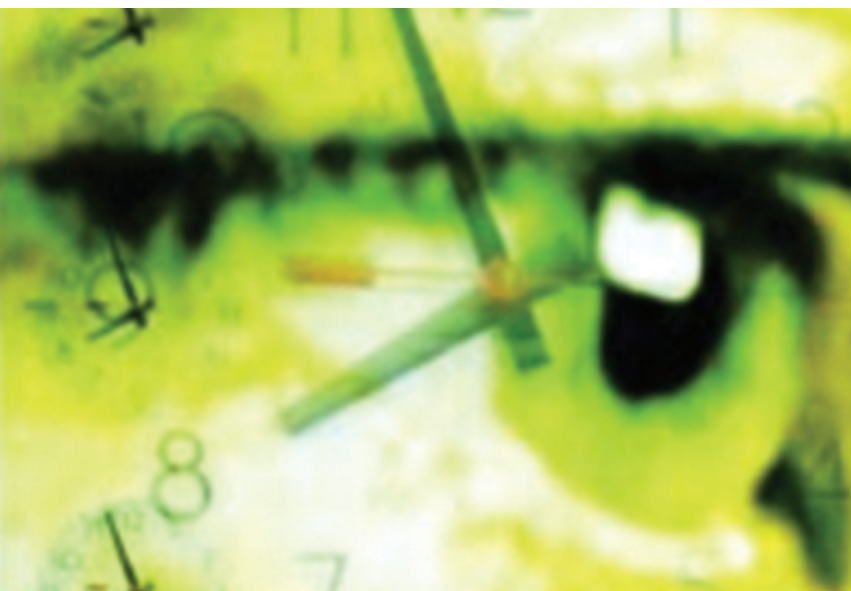


# The Rhythms of Life

## How Our Biological Clocks Tick

- Why is the 24 hour pattern of sleep so important to health?
- Do humans, like many other animals, show seasonal changes in biology?
- Why is light so important to our body clock and how is it detected?
- Do our body clocks change with age?

This is the eighth annual *Staying Sharp* event, sponsored by The Dana Alliance. This presentation will discuss the essential science that drives the daily and seasonal rhythms in plants, animals and even ourselves.



Speaker:

**Professor Russell Foster**

Chair of Circadian Neuroscience,  
Brasenose College, Oxford University

Author of: *Rhythms of Life*,  
*Seasons of Life*, *Sleep: A Very Short  
Introduction*

Introduction:

**Len Street OBE**

Lea Valley U3A

## Tuesday 22nd May 2012

Welcome Trust Lecture Theatre at  
The Royal Society, Carlton House  
Terrace, London, SW1

14.00 – 14:45

presentation by Professor Foster

14:45 – 15:15

refreshments in the City of London Room

15.15 – 16:00

Q & A session

Admission is by ticket only at £14.50  
per person including refreshments.

Apply to:

**The Third Age Trust, 19 East Street,  
Bromley BR1 1QE.** enclosing s.a.e.

Cheques payable to The Third Age Trust.

*Tickets will not be available on the door.*

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