

## About Dr. Roger Landry



Dr. Roger Landry is a preventive medicine physician, author of the award-winning *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* (as well the *Official Summary of Live Long, Die Short*), *Where You Live Matters: The Role of Culture in Our Aging Journey*, contributing author to *80 Things to Do When You Turn 80*, and president of **Masterpiece Living**, a group of multi-discipline specialists in aging who partner with communities to assist them in becoming destinations for continued growth. Trained at Tufts University School of Medicine and Harvard University School of Public Health, Dr. Landry specializes in

building environments that empower older adults to maximize their unique potential.

He has been featured nationally and internationally on radio and TV with **NBC, FOX News, ABC and CBS** as well as **BBC, Growing Bolder, 2GB radio (Australia)**, and **Radio Live and Tumeke FM (New Zealand)**. Dr. Landry has also written exclusive articles, and been called on as an expert in the field of aging by publications such as *Esquire Magazine, Los Angeles Daily News, Senior Planet, Journal of Aging and Health, Denver Post, About.com – Assisted Living, Expert Beacon, eHow, ThirdAge* and *MBLN*. Dr. Landry is regularly featured in *US News and World Report, Huffington Post (US/Canada), MindBodyGreen.com* and *GRAND Magazine*. His book, *Live Long, Die Short* has been endorsed by **AARP**, is a **Living Now Book Award Gold Medal Winner** and was a **2014 Top Pick in MORE magazine**.

Dr. Landry was a flight surgeon in the Air Force for more than 22 years keeping pilots and other aircrew healthy and performing at their best. One of his charges was world famous test pilot, Chuck Yeager. Dr. Landry retired as a highly decorated full colonel and chief flight surgeon at the Air Force Surgeon General's Office in Washington, DC after duty on five continents and being medically involved in a number of significant world events including: Vietnam, the Chernobyl Nuclear Disaster, the Beirut bombing of the Marine Barracks, the first seven Shuttle launches and the first manned balloon crossing of the Pacific. For well over a decade, Dr. Landry has focused his efforts on older adults as a lecturer, researcher, consultant and author.