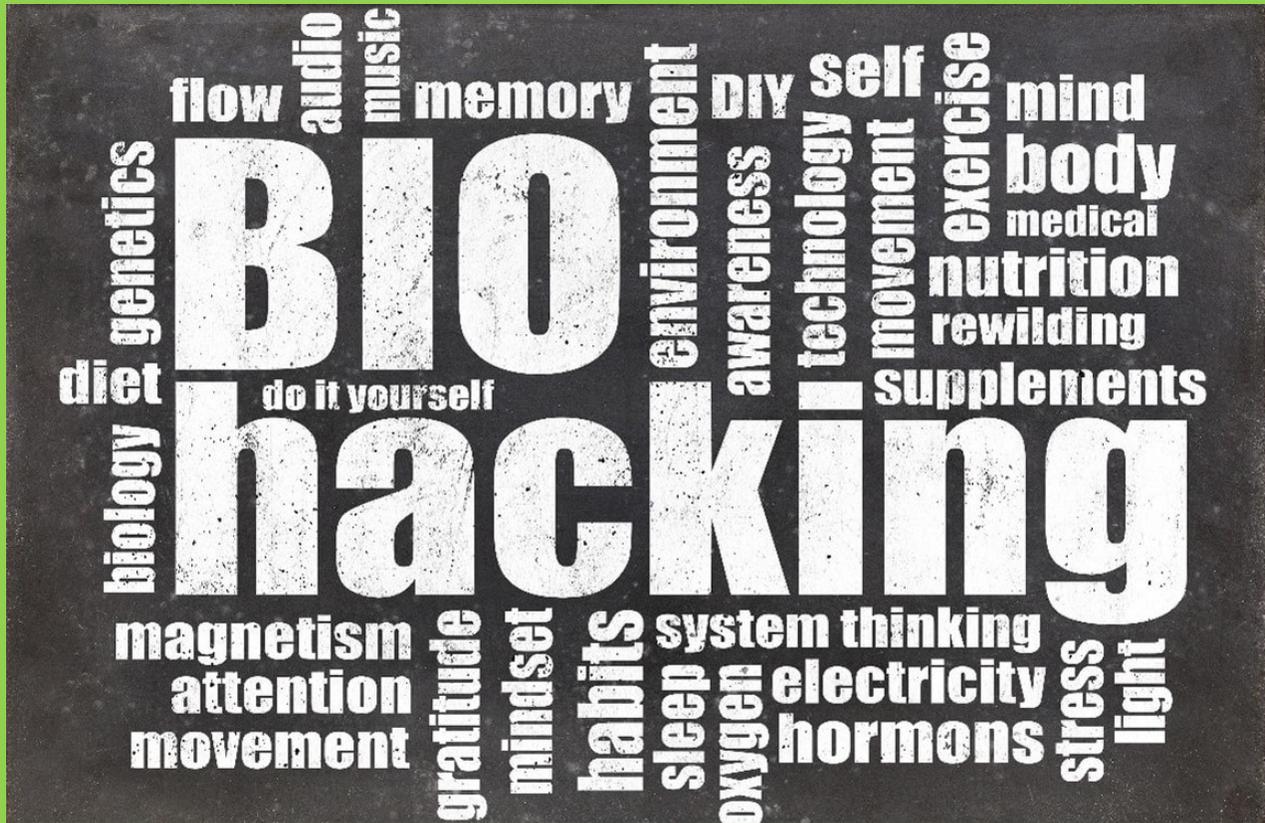


The SUNY Plattsburgh Institute for Ethics in Public Life presents  
“Should We Be Biohacking Ourselves?”

Feb. 25 (W) at 3:30 in person or on Zoom (see below)



“Biohacking” - “hacking” our biology to improve our health and live longer - has taken hold among tech elites, athletes, and wellness influencers in recent years. At its most basic level it involves basic wellness strategies: get enough sleep, have a balanced diet, refrain from drugs and alcohol. However, at the extreme end we see people taking massive doses of supplements, use of off-label or experimental medications, blood and plasma transfusions, and even trying to modify DNA. Is this something that should be as unregulated as it currently is?

This forum is an opportunity for students, faculty, administrators, staff, alumni, and community members to come together and learn about this issue.

Join us in person in Hawkins 233 (the Institute offices) or  
on Zoom at <https://plattsburgh.zoom.us/j/85099818711>

The Institute for Ethics in Public Life is generously supported by gifts to the  
Plattsburgh College Foundation.

STATE UNIVERSITY OF NEW YORK  
**PLATTSBURGH**  
INSTITUTE FOR ETHICS IN PUBLIC LIFE