The leading edge breed of high-tech, wearable health technology is changing how we monitor personal data. We can quantify everything from heart rate and sleep patterns to body temperature and sex life. But, what is the average person to do with the massive amounts of data being collected? Statistician Talithia Williams makes a compelling case that all of us should be measuring and recording simple data about our bodies every day and will help you begin to analyze and understand your body’s data. Surprisingly, your own data can reveal much more than even your doctors may know.

For directions please refer to http://www.ics.uci.edu/about/visit/
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