

# The Mayor's Initiative on Aging: Your Brain

Join us for a series of discussions on how aging affects your brain, including what to expect, prevention and best practices.

Presented by the University of Miami Miller School of Medicine.

Ages 55 yrs.+

**Tuesdays,**  
5 - 7 p.m.



**PINECREST BRANCH LIBRARY**  
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## October 8

*Joyce Gomes-Osman, Pt, PhD*  
Exercise for brain health, from evidence to practical advice.



## October 15

*Sarah Getz, PhD*  
The aging brain and decision making.



## October 22

*Christian Camargo, MD*  
How our brain changes as we age.



## October 29

*Erika Marulanda-Londono, MD*  
How stroke affects the brain. What you need to know, before, during and after.

Miami-Dade County Mayor Carlos A. Gimenez's Initiative on Aging provides resources and information on programs and activities for older adults throughout the County.