



**ONLINE EVENT:**

# Maintaining a Healthy Aging Brain During a Pandemic

Join us online for a three-week discussion series on the aging brain that doctors from the University of Miami's Miller School of Medicine will lead.

Presentations will be followed by Q&A sessions. Ages 55 yrs.+

Visit the library's Calendar of Events ([mdpls.libnet.info/events](https://mdpls.libnet.info/events)) or call the branch to register. Space for this online event is limited. Registered attendees will receive an email with a link to the Zoom session within 24 hours of the start time.

This online event is hosted by the Miami Lakes Branch Library, 305-822-6520.

**Thursdays, 1-2 p.m.**

**December 3**

**Why Your Brain Needs Exercise**

Joyce Gomes-Osman, PT, PhD

**December 10**

**How Nutrition Impacts the Brain**

Michelle Marrero Alfonso, MD

**December 17**

**How Mindfulness Affects the Brain**

Katalina Fernández McInerney, PhD