

ONLINE EVENT

# Maintaining a Healthy Aging Brain in a Pandemic World

Join us online for a two-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.+



**Tuesdays,**  
**10:00 - 11:00 a.m.**

**July 12**

**How to Sleep to Preserve Brain Health**

Christian Agudelo, MD

**July 19**

**How Mindfulness Affects the Brain**

Katalina Fernández McInerney, MD

Space is limited for this online event. Visit the Library's Calendar of Events ([mdpls.org/events](https://www.mdpls.org/events)) or call the branch to register. Zoom link will be emailed to registrants within 24 hours of the event start time.

Connections Library is hosting this online event. For more information, call 305-474-7251.