

ONLINE EVENT

Maintaining a Healthy Aging Brain in a Pandemic World

Join us for discussions with experts
about nutrition, sleep and other
factors that impact the aging brain.

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

**Thursday,
1:00 - 2:00 p.m.**

September 22

How Nutrition Affects the Brain
Michelle Marrero, MD

September 29

How Sleep Affects the Brain
Sonya Kaur, PhD

Registration is required. For more information and to register, please contact the Naranja Branch Library at 305-242-2290 or visit mdpls.org/events. Zoom link will be emailed to participants within 24 hours of the event start time.



Scan to Register



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