

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.+



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

November 2

How Aging Impacts
Memory and Cognition
Christian Camargo, MD

November 16

Brain Health and Stroke Prevention
Erika Marulanda-Londono, MD

Registration is required. For more
information and to register, please
contact the Bay Harbor Islands
Branch Library at
786-582-2620 or
visit [mdpls.org/
events](http://mdpls.org/events). Zoom link
will be emailed to
participants within
24 hours of the
event start time.



Scan to Register