

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. Each session will cover a different topic.

Ages 55 yrs.+

**Thursday,
December 8
1:00 - 2:00 p.m.**

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

