

# How to Promote Brain Health

From the perspective of a Geriatrician



## A Virtual Health Education Talk

**Presenter: Kady Goldlist, MD**  
**Quimby Center for Geriatric Care**  
**at Mount Auburn Hospital**  
**Harvard Medical School**

**There are normal changes to our body and brain as we age. Dr. Kady Goldlist will review information on normal expected cognitive changes with age. She will also discuss ways to slow memory loss and optimize brain function.**

**Date: Tuesday October 11, 2022**

**Time: 11am – 12noon**

**Pre-registration Required**

Register in advance for this meeting:

<https://bilhmah.zoom.us/meeting/register/tZlvduGqqDwiH9YHQxkfiQ6cfjeQaNFFjYSN>

Once you register you will receive a confirmation email with a link to the meeting

[www.mountauburnhospital.org](http://www.mountauburnhospital.org)