

## The Academy at Johns Hopkins Presents: **Active Aging**

Join us for a series of informational sessions that address the 5 M's of Age-Friendly Health Care: What Matters Most, Mentation, Mobility, Medication and Multicomplexity.

### **Preventing Cognitive and Sensory Decline: Where are we now?**

**Thursday, October 23, 2025  
4:00 – 5:30 pm**

**In Welch Library or by Zoom**

Be on the lookout for announcements of additional sessions on dementia, polypharmacy, medication management, exercise, proper nutrition, geriatric cardiology, and more.



**Jennifer Deal, PhD, MHS**



**Peter Rabins, MD**

RSVP using [this link](#) or send an email to [JHAcademy@jhmi.edu](mailto:JHAcademy@jhmi.edu)

Indicate if you are joining in person (and bringing a guest), or by Zoom.



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