

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.

Caring for a Person with Dementia

**Thursday, November 20, 2025
4:00 – 5:30 pm**

In Welch Library or by Zoom

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



Peter Rabins, MD

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

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