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

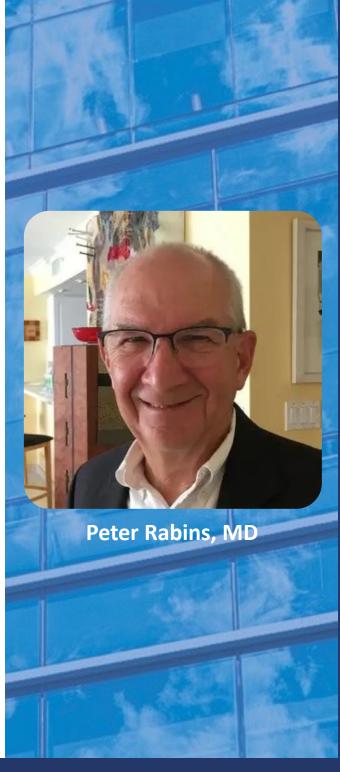
Join us for a series of informational sessions that address the 5 M's of Age-Friendly Health Care: What Matters Most, Mentation, Mobility, Medication and Multicomplexity.

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.



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.



