



The Osher Lifelong Learning Institute at FAU Jupiter
brings Johns Hopkins Medicine to Present

HEALTHY AGING AND YOUR BRAIN SERIES

A Virtual Lecture Series



MODERATOR FOR THE SERIES

Randy D. Blakely, Ph.D.

Dr. Randy D. Blakely is the Executive Director of the FAU Brain Institute.

LIVE ZOOM WEBINARS*

\$30 for one lecture and \$75 for all three lectures.
Pricing for members and non-members.

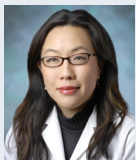
*Recorded version of lectures available within 48 hours.

Stroke, Dementia, Motor Learning & Brain Recovery: The Mystery of the Human Brain

Lecture: #SJH1 • July 13, 2020 • 1:30–2:30 p.m.

With an estimated 47 million individuals living with dementia world-wide, geriatrician Esther Oh, M.D., Ph.D., will review the latest evidence suggesting what we can do to change the course of cognitive decline and prevent dementia. Neurologist Mona Bahouth, M.D., Ph.D., will discuss new research finding a relationship between urinary tract infections and stroke and neurologist John Krakauer, M.D., Ph.D., will detail research about motor learning and brain repair at Johns Hopkins.

PANEL



Ester Oh, M.D., Ph.D.

Dr. Ester Oh is an Associate Professor of Medicine, Psychiatry and Behavioral Sciences and Pathology at the Johns Hopkins University School of Medicine.



Mona Bahouth, M.D., Ph.D.

Dr. Mona Bahouth is an Assistant Professor of Neurology at the Johns Hopkins University School of Medicine.



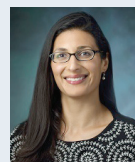
John Krakauer, M.A., M.D.

Dr. Krakauer is currently John C. Malone Professor of Neurology, Neuroscience, and Physical Medicine and Rehabilitation, and Director of the Brain, Learning, Animation, and Movement Lab (www.BLAM-lab.org) at The Johns Hopkins University School of Medicine.

COVID-19 and Beyond: Mindfulness & Meditation

Lecture: #SJH2 • July 15, 2020 • 1:30–2:30 p.m.

The practice of staying present in the moment benefits individuals by lowering chronic stress, anxiety, blood pressure and pain intensity while also improving focus, memory, and even immune function. This practice brings individuals closer to self-compassion and self-awareness. Learn how to tap into the power of mindfulness.



Neda Gould, Ph.D.

Dr. Neda Gould is a Clinical Psychologist and Assistant Professor in the Department of Psychiatry and Behavioral Sciences.

The Mind-Gut Connection

Lecture: #SJH3 • July 17, 2020 • 1:30–2:30 p.m.

Our gastrointestinal tract is governed by its own brain, known as the enteric nervous system. And, the gut contains more neurons than our spinal cord. Learn how the gut has a “mind of its own” that can intervene in your happiness as well as gastrointestinal disorders.



Glenn Jordan Treisman, M.D., Ph.D.

Dr. Glenn Jordan Treisman is the Eugene Meyer III Professor of Psychiatry and Medicine at the Johns Hopkins University School of Medicine.