

Achieving Optimal Aging How To Be Chronologically Gifted

Co-sponsored by NYC Aging

Tuesday July 29, 2025 at 11:00 a.m.

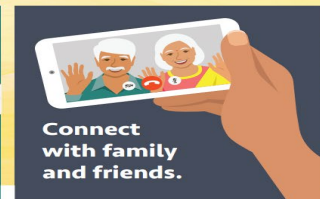
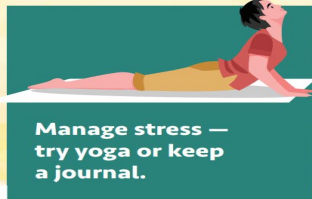
Dr. Joyce Fogel

Clinical Professor of Geriatrics and Palliative Medicine
Icahn School of Medicine at Mount Sinai
Practicing Physician, Martha Stewart Center for Living at Union Square

Join this webinar by an expert on “Healthy Aging” to learn about:
Factors that contribute to maintaining health as we get older. Lifestyle
modifications that can help you stay healthy.
Important screenings, and preventive health guidelines.

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Please Click on the Link Below to Join the ZOOM Meeting:

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWRpWllrbkFycXhCTlg5Y1ppdz09>

Enter Meeting ID: 854 1234 1929

Call: 1-929-436-2866

Enter Code: 778886



Sponsored by the Brookdale Department of Geriatrics and Palliative Medicine with funding from the UJA.