FREE EVENT
Complimentary blood pressure screenings and health information. Light dinner and parking provided.

4th Annual Community Forum on Healthy Aging
Mind & Body Health

Monday, June 10, 2019
4 to 8:30 p.m.
Asthma & Allergy Center
Johns Hopkins Bayview campus
5501 Hopkins Bayview Circle, Baltimore, MD 21224

Keynote Presentations:

Depression and Addiction in Aging
Denis Antoine II, M.D., Motivated Behaviors Unit, Johns Hopkins Hospital

Steps to Achieve a Healthy Lifestyle
Kimberly Gudzune, M.D., MPH, Welch Center for Prevention, Epidemiology and Clinical Research

The Man Cave: Men’s Health Class

Metabolic Disorders
Panagis Galiatsatos, M.D., Division of Pulmonary Medicine, Johns Hopkins Bayview Medical Center

Cardiovascular Health
Mark Keleman, M.D., Johns Hopkins Heart & Vascular Institute

Addiction & Mental Health
Panagis Galiatsatos, M.D., Division of Pulmonary Medicine, Johns Hopkins Bayview Medical Center

Erectile Dysfunction
Christian Pavlovich, M.D., Department of Urology, Johns Hopkins Bayview Medical Center

The Sister Circle: Women’s Health Class

Menopause & Pelvic Floor Dysfunction
Danielle Patterson, M.D., Johns Hopkins Women’s Center for Pelvic Health

Cognitive Decline in Aging
Sevil Yasar, M.D., Johns Hopkins Memory & Alzheimer’s Treatment Center

Falls & Frailty
Michele Bellantoni, M.D., Division of Geriatric Medicine and Gerontology, Johns Hopkins Bayview Medical Center

Cardiovascular Health
Pamela Ouyang, M.D., Johns Hopkins Women’s Cardiovascular Health Center

Take Charge of Your Health (exercise demonstration and mindfulness moment)
James Long, Founder and CEO, Gospel Aerobics and More
Jennifer Ayana Harrison, Founder and CEO, Ayana Wellness Spa and Educational Center

To register, visit communityhealthforum2019.eventbrite.com.
For more information, call 410-361-7893.
**Directions to Johns Hopkins Asthma & Allergy Center**

**From Eastern Avenue**
- Turn onto Bayview Boulevard (From downtown, make a left onto Bayview Boulevard; from I-95, make a right)
- At second right, turn onto Hopkins Bayview Circle.
- Park in the Mid-Campus Lot, across the street from the Asthma & Allergy Center.

**From Lombard Street**
- Turn onto Bayview Boulevard.
- At second left, turn onto Hopkins Bayview Circle.
- The Mid-Campus Lot will be on your left.

**You will receive a parking coupon at the event.**