



Save the date

33rd Annual Conference on Aging
Friday, March 11, 2022 - 8am-4:30pm ET

Age-Friendly Care: Body, Mind and Spirit

The topics of the day will focus on a variety of aging problems as we apply the **4Ms**. We will discuss **Medication** issues such as deprescribing, the importance of **Mobility** and exercise at any age, **Mentation** as we learn about mental status testing and dementia risk reduction. We will examine **What Matters** in relation to social determinants of health. Lastly, we will add our own **M** with the important discussion on **Mindfulness** and how to learn resiliency in the midst of continuous distractions.

Recommended audience for this **virtual only** conference: physicians, nurses, pharmacists, psychologists, dietitians, allied health and rehabilitation therapists, social workers, health facility administrators and other interested healthcare professionals.

Further details will be sent electronically in January 2022.



Ascension
Medical Group

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