

Healthy Aging: Staying Strong, Sharp, and Independent



Join us to learn practical strategies to support mobility, maintain cognitive health, and reduce the risk of decline as we age. Discover simple habits and helpful tools that promote safety, independence, and confidence in everyday life.

Presented by Rani Gundvarapu, MD, Geriatric and Internal Medicine,
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Tuesday, July 21, 12:00pm

Virtual Webinar

Pre-registration is required.

Visit atlanticealth.org/events or call 1-800-247-9580 to register.

