



NOTES

 Sanders-Brown
Center on Aging
presents

**SPRING
INTO
HEALTHY
BRAIN AGING**

Mind Matters Health Summit

Sanders Brown Center on Aging
2199 Harrodsburg Road | Lexington, KY 40504-3504
Phone: 859.323.5550

May 20, 2024



SCHEDULE OF EVENTS

10:00 am	Doors Open
10:30 am	Welcome Remarks
10:35 am	"The Scoop on Poop: The Link Between Gut Microbiome, Your Diet, and Brain Health" Dr. Gregory Jicha
11:30 am	Lunch and Vendors
1:00 pm	"An Introduction to Tai Chi and Xi Gong: Take a Breath" Dr. Robert Slocum
2:00 pm	"The Importance of Sleep for Health and Longevity" Dr. Lauren Whitehurst
3:00 pm	Program End

THANK YOU TO OUR VENDORS



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**Kentucky
Safety & Prevention
Alignment Network**

Kentucky Safe Aging Coalition



LEXINGTON

SENIOR CENTER

LUNCH MENU

BOXED LUNCH INCLUDES: SANDWICH,
SALAD, CHIPS, SWEET TREAT, & UTENSILS

Roast Beef & Swiss

Served on a French Roll
with horseradish mayo,
lettuce, tomato & pickled
onion

Smoked Turkey & Provolone

Served on Wheatberry
bread with pesto mayo,
lettuce, tomato & shaved
onion

Grilled Chicken & Mozzarella

Served on French Roll
with avocado aioli, oven
dried tomato & marinated
eggplant

Vegetarian*

Grilled vegetables,
hummus, spring greens,
flour tortilla

***Limited quantities*
reserved for attendees
who pre-ordered
vegetarian meal**

Music provided by:
Madison Community Band
Clarinet Quartet and Woodwind Trio

THANK YOU TO OUR VENDORS



LEXINGTON
Parks & Recreation



A Caring Place

www.supportacaringplace.org

**UK Sanders-Brown
Center on Aging**

Create your own Forget-Me-Not
lapel pin at the Sanders-Brown
Center on Aging table!



THANK YOU TO OUR VENDORS



HealthCare
Pharmacy Services



**Center for Clinical and
Translational Science**

Accelerating discoveries to improve healthSM



**Office of
Lifelong Learning**

Osher Lifelong Learning Institute

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SILVER
LEXINGTON

SENIOR LIVING PLACEMENT SERVICE