

A Better Quality of Life: A Geriatrician's View of Coping with Challenges in Aging

Dr. Mehrdad Ayati

- Geriatrician,
- Professor, Stanford University School of Medicine
- Author of [Paths to Healthy Aging](#)
- Director, Geriatric Center of Los Altos



JOIN US FOR A TALK by geriatrician Dr. Mehrdad Ayati on managing chronic conditions in aging with the goal of maintaining a better quality of life. Dr. Ayati's goal is to provide reliable information, effective strategies and guidelines to navigate such challenges such as mild cognitive impairment, Alzheimer's, dementia, post-stroke, and Parkinson's disease. Dr. Ayati is an advocate of his patient's physical and mental health at any age in addition to disease management and prevention. This presentation will allow time for questions and answers.

DR. AYATI speaks to diverse audiences on the issues of aging; in the community, on NPR and KQED radio, at conferences around the world and to the US Senate Special Committee on Aging.

WHERE: Rosener House Adult Day Services
500 Arbor Road, Menlo Park

WHEN: Wednesday, January 16, 2019 at 6:30 PM

RSVP: 650-322-0126, Sue Alvey or email: salvey@penvol.org

COST: Free



Peninsula Volunteers Rosener House offers an enriched social and recreational day program in a caring, protective environment. We promote independence and dignity for seniors facing challenges and limitations. www.penvol.org