



College of Medicine

UNIVERSITY OF CENTRAL FLORIDA

LIFE at UCF - 2026 Summer Series
UCF College of Medicine
Tuesdays | 10-11:30 a.m.

June 2 **Dr. Michael Hoffmann** **Attendance:**
Executive Brain Vitality

This is an overview of the current status of brain health science, avoiding cognitive decline and dementia and specific and practical recommendations how to do so.

June 9 **Dr. Ye Wint Kyaw** **Attendance:**
2:30 – 4 p.m. *High Blood Sugar? What's the Big Deal?*

Join us to understand the real impact of diabetes on your health and learn simplified, achievable strategies for better long-term outcomes.

June 16 **Dr. Heidi Smith Hoopingarner** **Attendance:**
When Medications Multiply: A Knight's Guide to Staying Safe

During this one-hour discussion, we will explore medication management issues frequently encountered by Seniors. Topics will include Polypharmacy, Developmental Pharmacology, The Beer's Criteria, and New Teaching Initiatives at UCF MED. This session will also provide practical tips and resources for safe medication management in the Senior population.

June 23 **TBD** **Attendance:**
Topic to be determined

Description to come...

June 30 **TBD** **Attendance:**
Topic to be determined

Description to come...

July 7

Dr. Monika Farhanghi

Attendance:

Out of the Haze: Modern Cataract Care and the Journey to Clear Site

This presentation will provide a clear and practical overview of cataracts, including their causes, symptoms, and impact on vision and daily life. Attendees will gain insight into modern cataract management, with a focus on advances in surgical techniques, lens options, and personalized treatment strategies. The goal is to demystify cataract care and empower patients with knowledge about safe, effective solutions for restoring clear sight.