



MEDELLÍN TENE UN NUEVO RETO: ¿CÓMO ADAPTARSE AL ENVEJECIMIENTO?

Medellín tiene la oportunidad de ser referente. Se requiere visión estratégica, inversión sostenida y un compromiso colectivo que reconozca que el envejecimiento no es una carga, sino una etapa valiosa de la vida que merece ser vivida con dignidad y plenitud.



Rebioger Reto Al Envejecimiento

ML Morrison



Rebioger Reto Al Envejecimiento:

Rebioger Lázaro Álvarez González, José A. de la Osa, Centro Internacional de Restauración Neurológica (Havana, Cuba), 2000 **Calidad de vida. Ejercicios y hábitos para potenciarla** Julio Martínez Menocal, 2024-04-15 La obra testimonial *Calidad de vida* estaba lista para imprenta a finales del 2019 cuando la enfermedad Coronavirus Covid 19 hizo su aparición en China y casi simultáneamente pasó a convertirse en pandemia mundial. Ello determinó que el autor del libro y sus asesores médicos a partir de la información científica que comenzó a conocerse sobre formas de enfrentamiento a adoptar contra la misma decidieran posponer la impresión del libro a fin de incorporarle con una mayor y mejor dimensión elementos que pudieran surgir sobre la importancia de la ejercitación física la cual muchos médicos consideran una droga milagrosa como un importante recurso capaz de fortalecer el sistema inmunológico humano de agresiones que les surgen cuando se vuelven patógenos aquellos microorganismos que se les infiltran con fines agresivos en esta actual era de globalización planetaria. El autor tiene 86 años cumplidos y entre las múltiples tareas realizadas a lo largo de su vida logró una participación destacada en la introducción y ulterior práctica masiva en Cuba del arte marcial chino Kung Fu y del Karate Japonés **Cuba internacional** ,1995 **El envejecimiento activo** ,2017 **Envejecimiento cerebral** Cornéliu E. Giurgea, 1995
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