

# MATH ENCOUNTERS



## *empowering* HEALTH: *leveraging* BODY DATA *to optimize* WELL-BEING *and prevent* DISEASE

*Speaker:* Talithia Williams

**Wednesday, September 11, 2024**

### **Afternoon Presentation**

4:00 pm ET (New York)

### **Evening Presentation**

7:00 pm ET (New York)

**National Museum of Mathematics**

**225 Fifth Avenue**

**New York City**

In an era where technology and health intersect, the ability to collect and analyze personal biometric data offers unprecedented opportunities for improving individual health outcomes. Join Talithia Williams, Professor of Mathematics, Harvey Mudd College, as we explore how data gathered from wearable devices, mobile health apps, and medical sensors can be utilized to make informed decisions about diet, exercise, sleep, and overall wellness. Learn what types of biometric data are available, what methods can be used for accurate data collection, and what tools are necessary for meaningful analysis, plus gain insights into translating this data into actionable strategies for disease prevention, personalized healthcare, and enhanced quality of life. Discover how integrating body data into daily routines can empower you to take control of your health like never before.

**Register now at [mathencounters.org](https://mathencounters.org) to reserve your place!**

## **MATH ENCOUNTERS**

*A public presentation series celebrating  
the spectacular world of mathematics*

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