

MATH ENCOUNTERS



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

Speaker: Talithia Williams

Wednesday, September 11, 2024

Special introduction by
Prof. Terrence Richard Blackman,
Associate Professor and Chair, Department
of Mathematics, Medgar Evers College,
City University of New York.

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, NY

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 to reserve your place!

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

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