

Announcing free, in-person O'ahu Workshop: *for caregivers, providers, aging adults, and persons living with memory loss*



Amy Kelley is a Certified Brain Health Trainer, Certified Personal Trainer, and owner of Brain Matters, which provides education and brain health programs to help people of Hawai'i outsmart dementia. Amy also works with a multidisciplinary group of health professionals as part of Hawaii Dementia Initiative's Brain Health and Risk Reduction Action Team, and is a frequent public speaker and workshop provider on the topics of brain health and dementia prevention. Amy previously worked as an environmental health scientist for 25 years, identifying health hazards and contaminant pathways in the environment and mitigating their impacts on human health. She received her business degree from the University of Washington and earned her master's degree in Environmental Health from Imperial College London.

Your Brain on Exercise

Saturday, May 24, 2025, 10-11:30am

Catholic Charities Hawai'i Community Hall, 1822 Ke'eaumoku Street in Makiki

Advance Registration is required at this link:

<https://www.eventbrite.com/e/your-brain-on-exercise-tickets-1354282327899?aff=oddtcreator>

Parking instructions will be sent to registrants prior to the date

Amy's workshop will cover (You will be able to practice exercises, seated or standing):

- **Brain healthy behaviors**
- **Why exercise is one of the best ways to reduce the risk of dementia and help reduce stress**
- **How exercise can help improve cognitive reserve, memory, executive function, and reaction time**
- **How to fit physical activity into your busy life**
- **Exercises to protect and strengthen the back and keep it safe while caregiving**

Sorry, no CEs or certificates are available for this presentation.

For questions about the workshops or you need help registering, please contact:

Jody Mishan, (808) 295-2624 or jmishan@hawaii.rr.com

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