

# Announcing Zoom Dementia Series Workshop:

for Providers, Caregivers, Friends, and Advocates  
of Persons Living with Memory Loss



**Heidi Robertson** is a Registered Dietitian, public health professional, and founder of Heritage Health, based in Kona on the Big Island. Working at the intersection of nutrition, public health, and elder care, Heidi delivers strategic insights and hands-on guidance through her dual roles as a consultant and clinical dietitian. Her expertise includes training on menu development, Alzheimer's care strategies, and evidence-based health promotion programs. With a Master of Public Health degree and extensive experience, Heidi is dedicated to fostering healthy aging with cultural sensitivity and practical solutions that support caregivers and communities.

## Nutrition Guidance for Optimal Brain and Body Health

**Wednesday, December 18, 2024, 10-11:30am**

### Presentation will cover:

- What is nutrition (Nutrition Basics) and why is it vital for achieving our best lives?
- Empower caregivers with nutrition tips that boost energy and enhance overall well-being
- Discover how nutrition plays a crucial role in brain health
- Learn valuable tips and tricks to make mealtimes enjoyable and beneficial for everyone
- Explore how targeted nutrition can support the health and vitality of older adults

**Advance Registration is required at this link:**

<https://www.eventbrite.com/e/nutrition-guidance-for-optimal-brain-and-body-health-tickets-1099457861059?aff=oddtcreator>

**The Zoom link will be sent to registrants after ordering on Eventbrite.**

**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](mailto:jmishan@hawaii.rr.com)

### *Our sponsors:*



These caregiver workshops are made possible by the Elderly Affairs Division of the City & County of Honolulu through Federal Older Americans Act funding