

Announcing Zoom Series Workshop:

For Caregivers, Families, Friends and Advocates
and Persons Living with Memory Loss



Amy Kelley is a Certified Brain Health Trainer specializing in fitness and brain health for people living with mild cognitive impairment or 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.

Six Pillars of Brain Health

Best Lifestyle Practices for Caregivers, Aging Adults, and Providers

Thursday, February 20, 2025, 10-11:30am

Amy's presentation will cover:

- **Lifestyle interventions that can reduce your risk for dementia and help slow cognitive decline in early stages of dementia**
- **Practical ways for time-poor caregivers to implement these lifestyle interventions into their daily lives**
- **Risks and threats to brain health**
- **When to be concerned about memory issues vs. what is normal aging and forgetfulness**
- **Tips to help with memory**

Advance Registration is required at this link:

<https://www.eventbrite.com/e/six-pillars-of-brain-health-best-lifestyle-practices-for-caregivers-tickets-1242576121629?aff=oddtcreator>

The Zoom link will be sent after registration 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

Our sponsors:



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