

Announcing In-Person O‘ahu Workshop

for Family Caregivers, Friends & Providers



Sara Tompkinson, LCSW is a retired social worker with the Department of Veterans Affairs. She currently works part-time as the Geriatric Workforce Enhancement Program (GWEP) social work instructor with the John A. Burns School of Medicine, Department of Geriatric Medicine. She also teaches Tai Chi classes for persons living with dementia, and is a certified Teepa Snow – Positive Approach to Care (PAC) Dementia Educator. Sara is also a caregiver for her 95-year-old parents.

Tai Chi for Caregivers' Brain Health & Wellness

Saturday, April 19, 2025, 10 to 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/tai-chi-for-caregivers-brain-health-wellness-tickets-1301343656909?aff=oddtcreator>

Parking instructions will be sent to registrants prior to the date

You will be able to practice the movements, seated or standing, and learn:

- **The benefits of Tai Chi for brain health, to improve memory and decrease cognitive decline**
- **How Tai Chi can support physical, emotional, social and spiritual wellness for family caregivers**
- **How one Tai Chi exercise for daily practice can help caregivers effectively cope with stress**
- **Sitting or standing Tai Chi movements for attendees' participation**

Sorry, no CEs or certificates are available for this presentation

For questions about the workshops contact: Jody Mishan, (808) 295-2624 or jmishan@hawaii.rr.com



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