

# BRAIN GYM® FOR AGED CARE

Simple Strategies for Improving their Quality of Life and Independence

A one day workshop for Diversional Therapists, Activities/Project Officers, Wellbeing Coordinators, Personal Carers, Retirement & Nursing Home workers, Occupational & Physical Therapists, Volunteers and Carers.

Presented by Claire Hocking - International Brain Gym Instructor & Educational Kinesiologist

## VIC 2012

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|---|--|---|
| <input type="radio"/> Bundoora Wed 2 May    | <input type="radio"/> Geelong Fri 4 May      | <input type="radio"/> Wantirna Mon 7 May    |
| <input type="radio"/> Flemington Fri 11 May | <input type="radio"/> Noble Park Tues 15 May | <input type="radio"/> Kew Tues 29 May       |
| <input type="radio"/> Werribee Mon 4 June   | <input type="radio"/> Doncaster Wed 6 June   | <input type="radio"/> Frankston Wed 13 June |

A certificate of attendance will be issued at the conclusion of the workshop.

**TIME** 9.30 am - 3.30 pm  
**COST** \$225 (inc gst) includes manual, materials and catering



### *In this Professional Development Workshop you will Learn:*

- ✦ How and why Brain Gym works so effectively with seniors with supporting brain research
- ✦ The Brain Gym movements including the active and passive modifications specifically adapted for aged care
- ✦ PACE - a specific sequence of Brain Gym movements that helps the aged to settle down and relax, and improve concentration, memory and cognitive functioning
- ✦ Different ways you can easily implement Brain Gym for Aged Care
- ✦ The Brain Gym that is of most benefit for improving the symptoms of dementia and Alzheimer's Disease, Parkinson's Disease, and for stroke rehabilitation

This practical workshop focuses on using Brain Gym movements with aged care workers and seniors to enhance their quality of life. You will learn how to do the Brain Gym exercises which are designed to improve memory, concentration, cognitive functioning and communication skills and reduce mental confusion, anxiety and stress levels. The Brain Gym movements are easily and readily adapted to senior's individual needs and situations.

For more information contact Claire Hocking on (03) 5282 5985 or [claire@wholebrain.com.au](mailto:claire@wholebrain.com.au)  
Mobile: 0419 569 071 or visit [www.wholebrain.com.au](http://www.wholebrain.com.au) or Fax (03) 5282 8542

## BOOKINGS ESSENTIAL

Sending of this form is **essential** for enrolment. A tax invoice and confirmation letter will follow.

No refunds unless a class is cancelled. An alternative person will be accepted.

Cheques payable to 'Claire Hocking' or payment by internet banking and credit card/EFT available ABN 17 381 090 700

## BRAIN GYM FOR AGED CARE VIC 2012 - REGISTRATION FORM

I/We will be attending:  Bundoora 2 May  Geelong 4 May  Wantirna 7 May  Flemington 11 May  
 Noble Park 15 May  Kew 29 May  Werribee 4 June  Doncaster 6 June  Frankston 13 June

Name(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: (Please print clearly) \_\_\_\_\_

Organisation (If applicable) \_\_\_\_\_

Address: \_\_\_\_\_

Postcode \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Please fax/post this form to: **Claire Hocking** Fax: (03) 5282 8542 Postal: 43 Young St, Lara, Vic 3212  
Ph: (03) 5282 5985 Mobile: 0419 569 071