

# BRAIN GYM™ for Healthy and Active Ageing

Learn Simple Kinesiology Techniques  
to Switch-On Your Brain and Promote  
Positive Brain Health



## PROFESSIONAL DEVELOPMENT WORKSHOP

Presented by  
**CLAIRE HOCKING**  
Dip. Teaching, Cert. A, AST 1, VIT, AKA  
Educational Kinesiologist &  
Brain Gym Consultant Australia



Claire Hocking, is a leading Australian Educational Kinesiologist, Brain Gym consultant, and the Director of the Whole Brain Kinesiology Centre. She has worked in aged care for over the past 20 years and developed the 'Brain Gym for Aged Care' and 'Brain Gym for Healthy and Active Ageing' workshops to assist people in promoting positive brain health and fitness, and to improve the quality of life for those in aged care.

Claire's workshops are in high demand by nursing homes, hostels, retirement homes, and respite centers, both in Australia and overseas. Many elderly people are now enthusiastically incorporating Brain Gym into their daily routine. Research shows many people who use this program experience increased cognitive function and wellbeing. Staff often report residents are far more switched-on, less stressed, and easier to manage after doing Brain Gym. When five minutes of Brain Gym is used daily, aged residents will spend more time functioning in a positive and productive way.

As a former music teacher, Claire's presentations are always fun and entertaining as well as being informative. She has also run weekly group Brain Gym sessions with seniors and people with Parkinson's disease. Sessions have been popular with both clients and carers.

Claire also offers more indepth individualised techniques in private consultation sessions. Educational Kinesiology programs and techniques can be designed to meet specific individual needs. Claire has successfully worked with people who have had dementia, Parkinson's disease or had a stroke.

Claire practices in Geelong (Lara), Macedon and Chirnside Park. She also runs a mobile service where she visits nursing homes and elderly people in their own residences.

For further information please contact:

### Claire Hocking

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ABN: 17 381 090 700

## BOOKING FORM

I/we will be attending Newcastle (Redhead) – Thursday 29 August 2019

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

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

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

Email: \_\_\_\_\_

School/Organisation: \_\_\_\_\_

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

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

Please email/post this form to: Claire Hocking, 10 Greenleaf Drive, Lara VIC 3212

Ph: 03 5282 5985 Mobile: 0419 569 071 Email: [claire@wholebrain.com.au](mailto:claire@wholebrain.com.au)

ABN: 17 381 090 700

A One Day Workshop for Diversional Therapists, Activities/Project Officers, Wellbeing Coordinators, Personal Carers, Retirement & Nursing Home Workers, Occupational & Physical Therapists, Other Professionals, Carers and Volunteers.

There have been many brain studies to show that when it comes to memory and brain function, you “use it or lose it”. For healthy aging, it is important to stay active, both mentally and physically, but this may be difficult, especially if an elderly person has already begun to ‘lose it’. Improving senior’s cognitive functioning not only helps maintain their mental health and wellbeing but has a significant role in the prevention and/or management of confusion, depression, lethargy, lack of motivation, and low self-esteem.

‘Brain Gym for Aged Care’ is an innovative Educational Kinesiology program, devised by Claire Hocking, based on neuroplasticity. This practical workshop focuses on the easy and energizing Brain Gym movements that form more efficient neural connections in the brain, as well as strengthening existing neural pathways, even in those who are showing signs of deterioration. Brain Gym allows older adults to have an increasing sense of control and independence over their lives.

The Brain Gym movements are easily and readily adapted to seniors’ individual needs and situations.

## In this workshop you will learn:

- Easy and effective ways to maintain your brain health to improve concentration, memory, cognitive functioning, and mental sharpness
- How and why Brain Gym works so effectively to switch-on your brain with the supporting brain research.
- Simple and fun ways of using Brain Gym in both group and individual situations
- The Brain Gym movements including the modifications specifically adapted for aged care situations
- The Brain Gym that is of most benefit for improving the symptoms of dementia including Alzheimer’s Disease, Parkinson’s Disease, and stroke rehabilitation, even in those who are showing signs of deterioration (see articles on [www.wholebrain.com.au](http://www.wholebrain.com.au))
- The Brain Gym to enhance and improve mental functioning, memory and concentration levels, improve sight and hearing, reduce stress and anxiety levels, improve balance, coordination and flexibility, help with movement, prevent injuries and reduces the aches and pains which many people associate with ageing.
- How Brain Gym can assist in delaying the onset of dementia by building cognitive reserve in the brain.

## NSW

**Newcastle (Redhead) – Thursday 29 August 2019**

**TIME:** 9.30am - 3.30pm

**COST:** \$295 inc GST (includes manual, materials, catering and a copy of ‘Brain Gym Teachers Edition’)

A certificate of participation will be issued at the conclusion of the workshop

**This Brain Gym workshop fulfils the VIT Standards of Professional Practice and Renewal Registration**

**BOOKINGS ESSENTIAL:** Sending of this form is essential for enrolment. A tax invoice and confirmation letter will follow. Full payment will be required if participants do not attend without notification. 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



## TESTIMONIALS

*“One of our workers undertook Brain Gym instruction late last year. Since then, he has been running group sessions and providing individual exercises. In some cases of residents with dementia, we have observed significant changes in some behaviours – decreases in aimless wandering and confusion, increases in emotional stability, cognition and concentration spans. Quite remarkable, given that the exercises themselves are quite simple and easy to do.”*

BH, NURSING HOME, MELBOURNE,

*“I have been using Brain Gym for many years to help with my memory and balance as I get older. Every day I do my Brain Gym to boost my recall and walking. I like the exercises as they are simple and quick to do and are now part of my daily routine.”*

MARGARET W (in her 80s)

*Brain Gym has been introduced in our Wannan Hostel, Victoria, since 2006 with a great deal of interest and enthusiasm from all the residents who choose to participate in it.*

*Residents since that time have continued to enjoy the different aspects of how we introduce Brain Gym into our programs. We hold 3 to 4 sessions each week with positive results when comparing year to year cognitive functions, and everyone benefits from its calming effects.*

MARLENE LEE, Leisure and Lifestyle coordinator

*The workshop was excellent, very informative and enjoyable”*

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