



WEBINAR

WISCONSIN DEMENTIA RESOURCE NETWORK

Brain & Body Group Fitness Program

Thursday, June 23, 2022 • 11:30am - 1:00pm

The program is a collaboration of the Aging & Disability Resource Center of Eau Claire County (ADRC), the Chippewa Valley YMCA, and the University of Wisconsin-Eau Claire's Department of Nursing and Center for Health Administration and Aging Services Excellence (CHAASE) program.

Presenters:

Lisa Wells, MA

Dementia Care Specialist

Aging & Disability Resource Center of Eau Claire County

Laurie Pettis, NBC-HWC, CIC®

Brain & Body Group Fitness Instructor

YMCA of the Chippewa Valley/Eau Claire Branch

Pete Fasching

YMCA Healthy Living Staff

YMCA of the Chippewa Valley/Eau Claire Branch

Norah Airth-Kindree, DNP, RN

Department of Nursing

University of Wisconsin – Eau Claire

Lindsey Creapeau, EdD, LALD, FACHCA

Department of Management and Marketing

Jeffrey Goodman, Ph.D.

Department of Psychology

University of Wisconsin – Eau Claire

Roger and Char Weidinger

Brain & Body Group Fitness Participants

This interactive session will provide a glimpse into the Eau Claire County's Brain and Body Group Fitness Program. The information provided will help you to bring this program to your community and help those living with dementia Live Well. The webinar will include:

- The Dementia Care Specialist sharing how the program started,
- The fitness instructors demonstrating how this program is executed,
- The University of Wisconsin-Eau Claire researchers sharing their findings from this program, and
- Participants sharing the success of the program.

The webinar is free; however, registration is required at [Brain and Body Fitness](#)

Please contact Jody Krainer at jkrainer@wisc.edu with questions.