



Hawaii Pacific Gerontological Society

PRESENTS THE AUGUST WEBINAR:

“Benefits of Exercise and Nutrition to Fight Alzheimer’s Disease”

SPEAKER: MYLES DIAS, SENIOR FITNESS SPECIALIST

**THURSDAY, AUGUST 29TH
11:30 AM – 12:45 PM**

LEARNING OBJECTIVES:

- Science behind lifestyle choices to keep a health brain and body
- Understand the impact of aging on the brain and why exercise is good
- Learn the 7 basic body movement patterns
- Get specific recommendations on exercise programming for all stages of individuals with Alzheimer’s Disease
- Identify the updated research on balancing exercise and nutrition

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://zoom.us/webinar/register/WN_XPvxXnnOR_O2ts3OjnFPlw

ABOUT THE SPEAKER

Myles Dias has been an athlete, trainer and coach for over 30 years. He is a Master Trainer who holds certifications as a Certified Personal Trainer with the American College of Sports Medicine and the National Academy of Sports Medicine. He holds a specialty certification as a Senior Fitness Specialist with NASM. He works with agencies such as the Queen’s Medical Center, the American Diabetes Association, and Kahala Nui retirement community. As the host and co-producer of the *Future of Senior Fitness*, a monthly televised program that reaches Hawaii’s kupuna in their home, Mr. Dias seeks to give older adults a future of good health. Myles specializes in functional training for older adults ages 50 – 90+ and is committed to educating and motivating all seniors to live active, healthy, quality lives. Mr. Dias has been described as a person committed to serving as a role model, change agent, and advocate, while “providing compassionate care with unequalled enthusiasm.”



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