



EngAGEMENT Celebration and Symposium

Workshop Sessions

1:00 - 1:45 P.M. on Saturday, June 29th at the Pentucket Regional Middle High School
[Register here](#) for the full-day EngAGEMENT Celebration and Symposium

Click below or scroll down to explore workshop session descriptions.

- [3B Fit Demo Class](#) with Brian Coyne
- [Chair Yoga Demo Class](#) with Mary Van Abs
- [Family Caregiver Support Program](#) with Crystal Polizzotti, Director of the Family Caregiver Support Program at AgeSpan
- [Living Well Together: A Discussion on Community Living Environments](#) with Brenda Burkholder, Marketing Director at Nichols Village, and Stacey Blakeslee, Community Relations Director at Wingate Residences
- [Understanding Alzheimer's and Dementia](#) with Shirley Conway, Alzheimer's Association Community Educator, MSN, MBA, RN, GERO-BC

Workshop Descriptions:

➤ 3B Fit Demo Class

- **Description:** Join us for a special demo class of 3B Fit! This introductory session offers a sneak peek into the program, allowing you to try out balance exercises aimed at preventing falls, strength training exercises to boost bone density, and fun trivia/grain games to keep your mind sharp. It's a chance to meet the instructor, ask questions, and experience firsthand how the classes can benefit you.
- **Instructor:** Brian Coyne, Certified Personal Trainer
- **Stay Connected:** Join a 3B-Fit Class at Groveland Council on Aging, Tuesdays at 9am

➤ Chair Yoga Demo Class

- **Description:** Discover the benefits of Chair Yoga in this engaging and accessible session. Led by experienced instructor, Mary Van Abs, this demo introduces gentle yoga poses and stretches that can be comfortably performed while seated or using a chair for support. Through mindful breathing and movement, participants will experience increased mobility, reduced stiffness, and a sense of relaxation.
- **Instructor:** Mary Van Abs, Certified Yoga Instructor
- **Stay Connected:** Join a Yoga Class led by Mary at Groveland Council on Aging, Fridays at 10:45am



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➤ Family Caregiver Support Program

- **Description:** Caring for a parent, spouse or friend can be stressful. AgeSpan can connect caregivers with programs and services designed to help them cope and maintain their own health and well-being. The Family Caregiver Support Program provides information and referrals to programs and services to support the caregiver's efforts, whether caring for someone at home, in assisted living or in a skilled nursing facility. Our professionally trained staff has personal experience with the rewards and challenges of being a caregiver. They understand the complexity of managing someone's needs at home, and the impact of these responsibilities on family dynamics.
- **Presenter:** Crystal Polizzotti, Director of the Family Caregiver Support Program at AgeSpan
- **Stay Connected:** Visit: <https://agespan.org/> and or <https://www.facebook.com/AgeSpan2>

➤ Living Well Together: A Discussion on Community Living Environments

- **Description:** Join us for a discussion to explore the diverse landscapes of older adult community living! From the autonomy of Independent Living to the supportive environment of Assisted Living and also Memory Care communities, exploring their cultural dynamics and unique features. Engage in an interactive dialogue with representatives from Nichols Village and Wingate Residences, as they shed light on the distinctive features and atmospheres of their communities. Whether you're curious about daily life, social dynamics, or care services, this event offers a platform to gain valuable insights to finding the perfect community fit.
- **Presenters:** Brenda Burkholder, Marketing Director at Nichols Village, and Stacey Blakeslee, Community Relations Director at Wingate Residences
- **Stay Connected:** Visit: www.nichols-village.com/ and wingateliving.com/locations/haverhill/

➤ Understanding Alzheimer's and Dementia

- **Description:** Today, nearly 7 million Americans are living with Alzheimer's and over 11 million are their unpaid caregivers — an escalating health crisis that affects many in our community. Join us for a brief informative program to learn about the difference between Alzheimer's and dementia, warning signs for Alzheimer's impact of the disease, local resources and ways you can join the fight against Alzheimer's and all other dementia, the importance of early detection, treatments for Alzheimer's disease, and brain health. You will also learn about resources to support families and opportunities to join the cause.
- **Presenter:** Shirley Conway, Alzheimer's Association Community Educator, MSN, MBA, RN, GERO-BC
- **Stay Connected:** Visit: <https://www.alz.org/>

Event generously supported by:

Title Sponsor: [Nichols Village](#)

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