



# BRAIN BOOT CAMP

**Tuesday, May 24**  
12 - 1 PM HST  
via Zoom

- How the brain works
- Normal vs abnormal brain changes
- Ways to keep your brain healthy
- Brain training exercises



**CALVIN HARA**  
Volunteer Community  
Educator  
Alzheimer's Association



**RYLAN UCHIMA**  
Sales Representative  
Hawaii Market  
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our 24/7 Helpline at 800.272.3900.**