

## About The Speaker

Kelly Lindell has a B.S. in Exercise Science & Wellness. She has been a Certified Senior Advisor, Certified Group Fitness and Yoga Instructor and Health Educator for over 25 years.

She has owned Comfort Keepers In-Home Care in the Northwest Twin Cities, since 2002. Kelly has dedicated her career to helping people improve their health and enhance their quality of living and add *life* to their *years*. Kelly would love to share her insights and tips with seniors and/or adult children. To schedule a presentation for a senior community, community education class or professional group call today. For an online preview of Kelly on the Channel 6 Active Aging Show go to:

Let's Have a Ball Exercise Fun

<https://www.youtube.com/watch?v=0W923Fj3aYQ>

Senior Yoga

<https://www.youtube.com/watch?v=sf9WqrpnGqM>

Functional Fitness

<https://www.youtube.com/watch?v=3dRpSSfNuTQ>

Strong at Any Age

<https://www.youtube.com/watch?v=UERhaytZuSY>

Senior Yoga II

[https://www.youtube.com/watch?v=EbFDeYDjF\\_s](https://www.youtube.com/watch?v=EbFDeYDjF_s)

Senior Cardio

<https://www.youtube.com/watch?v=zTpP5k6fNWw>

Call Today To  
Schedule

763-273-4207



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Keepers®

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*Each Office Independently Owned & Operated.*



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Time for a  
Little R & R

Refresh  
&  
Renew

Presentations by  
Kelly Lindell



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# Refresh & Renew Mind & Body Presentations

As part of our on-going commitment to enhance quality of life and help Seniors and their family enjoy the highest possible quality of life—

Comfort Keepers is proud to offer these **educational and inspiring PRESENTATIONS!**

Presentation fee is based on number of participants and location.



Kelly Lindell, Owner of Comfort Keepers NW& SWTC, Professional Health Educator & Senior Fitness TV Show Host



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## Senior Mind

### Brainasium

1 Hour

Our brains are an amazing intricate organ. Join us to learn some of the latest research on brain health and simple activities you can do daily to enhance your memory and stay at peak performance as we age.

### How To Stay Healthy At Home

1 Hour

Learn about the most common reasons seniors are hospitalized and the associated costs and payment options. Find out how to avoid illness and injury and stay healthy at home!

### Lumpy Rugs & Other Enemies of the Upright

1 Hour

Falls are the #1 reason for seniors to be hospitalized. Learn important information to improve your risk of falling

### Communication Skills While Caring for Someone With Dementia

2 Hours

Caring for a loved one with dementia can be almost as hard for the caregiver as it is the afflicted person. Gain tools for improving communication to help decrease stress and conflict and improve positive outcomes.

### 20 Questions

1 Hour

Assisted Living, Independent Living, Transitional Care, Home Care, Home Health Care... what do all these terms mean? What are payment options and how do you decide which is right for you? Come away informed and ready to make sound decisions for your future.

## Senior Body

### LET'S HAVE A BALL - MAKING FITNESS FUN

1 Hour

Fitness doesn't have to be boring! This action packed, hands-on class will teach activities to put a spring in your step whatever season of life you're in! Learn fun, simple exercises that can be done anywhere using a chair or standing to increase your energy and motivation.

### Add Life To Your Years

1 Hour

Science & Medicine can add life to our years, but how do we assure we will enjoy those extra years? Learn fun simple ideas for becoming more active to get the most out of life.

### Senior Yoga

30 Min.

Gain strength, stamina, balance, flexibility, relaxation and energy. These challenging yet gentle exercises will can be done standing or sitting to accommodate all fitness levels.

to  
1 Hour  
Based  
on  
Fitness  
Level

Presented by Active Aging  
Show Host Kelly Lindell



Tune in Monday—Friday at 11:30 to  
MCN Channel 6 for 30 minutes of  
Great Senior Exercise