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## **Treasure Valley Family YMCA hosts 5<sup>th</sup> Annual Brain Health Symposium**

*Free Event | Saturday, October 18, 2025 at ICOM | 8:30 a.m. -3:30 p.m.*

**Boise, Idaho – Boise, Idaho** – As the world population continues to grow and live longer; cognitive decline, dementia, and Alzheimer’s disease are becoming more prevalent. Treasure Valley Family YMCA’s Brain Health Symposium is an annual event focused on identifying and learning strategies to promote a healthy, functioning brain, and improve overall quality of life.

Brain health is a critical piece of holistic wellness, as it underlies our ability to communicate, make decisions, problem solve, and live a productive and full life. This educational symposium—open to the public and available for both virtual and in-person attendance—provides an opportunity for everyone to better understand and care for the brain as we navigate life’s various stages.

"Brain health is community health. At the Brain Health Symposium, we’re bringing neighbors, caregivers, and professionals together to turn science into everyday steps that help us think, remember, and live well," said Mercedes Muñoz from the Greater Idaho Chapter of the Alzheimer’s Association. "This symposium is about sharing practical tools that people can start using now to protect what makes each of us who we are."

The symposium brings together organizations from across the state that are committed to the advancement of brain health including the Treasure Valley Family YMCA, Greater Idaho Chapter of the Alzheimer’s Association, Idaho Department of Health and Welfare Alzheimer’s Disease and Related Dementias Task Force, and Saint Alphonsus Health System. Dr. Kara Kuntz Medical Director for the Saint Alphonsus Memory Center has participated in the symposium for four years, and daily, she educates patients about the importance of early detection and modifiable risk factors.

"We can improve our brain health at any age by knowing and taking action on modifiable risk factors that can contribute to the early onset of dementia," said Kuntz. "Less social interaction, poor sleep, inadequate exercise, and alcohol consumption are just a few of these that we can take actionable steps against, and in turn, positively contribute to our long- and short-term brain health."

The Brain Health Symposium is a free event to the general public. [Registration](#) is required for attendance. Continuing Medical Education is available for medical providers. Registration for CME’s is \$10.

The Y is committed to strengthening the foundation of all communities and provides specialized classes through evidence-based health intervention programs to support individuals with cognitive decline and other health challenges. Through financial assistance, these programs are available to anyone, regardless of ability to pay, and are in each of the four Treasure Valley YMCA facilities. For more information on these programs, visit [ymcatvidaho.org](http://ymcatvidaho.org).

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### **ABOUT THE TREASURE VALLEY FAMILY YMCA**

Established in 1891, the [Treasure Valley Family YMCA](http://ymcatvidaho.org) (the Y) is a cause-driven, nonprofit organization that works to strengthen the foundation of our community by developing successful youth, engaging people in healthy living, and instilling a commitment to social responsibility. Annually, it operates over 100 programs that serve more than 110,000 youth and families throughout its 4 facilities, 440-acre summer camp, and more than 30 child development sites. The Y believes all people deserve the chance to achieve their highest potential: therefore, it does not turn anyone away due to an inability to pay. The Treasure Valley Family YMCA provides more than \$4 million in financial assistance every year to ensure access to resources, relationships, and opportunities for all to learn, grow and thrive. Learn more at [ymcatvidaho.org](http://ymcatvidaho.org).