

# AGEWORKS®

JUNE 26/27  
2019

## THE ART OF AGEING FORUM

An assembly of thought leaders, organizations, media and individuals who want to make a difference, reduce ageist attitudes and reshape what it means to age. Hosted by Niagara College, Welland Campus.

### Time

Wednesday, June 26

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|---------------|---|
| 8:00 - 8:30   | <b>Registration &amp; Coffee Reception</b>  |
| 8:30 - 8:45   | <b>Welcome Address</b> <i>Carolyn Triemstra, Niagara College</i>  |
| 8:45 - 9:30   | <b>Ageing is Changing - Global Trends in Ageing</b> <i>Dr. Jane Barratt, International Federation on Ageing</i> |
| 9:30 - 10:00  | <b>Shaping our Local World</b> <i>Sarah Webster, Ontario Age-Friendly Communities</i>                           |
| 10:00 - 10:15 | <b>Break</b>  |
| 10:15 - 11:15 | <b>Creative Ageing</b> <i>Pat Spadafora, Kaleidoscope Consulting</i>  |
| 11:15 - 12:15 | <b>Neuroplasticity - The Woman who Changed Her Brain</b> <i>Barbara Arrowsmith-Young</i>                        |
| 12:15 - 1:15  | <b>Lunch</b>  |
| 1:15 - 2:15   | <b>Awaken Your Passion, Purpose and Potential</b> <i>Grace Cirocco</i>  |
| 2:15 - 3:15   | <b>Old Age is Made Up</b> <i>YOUAREUNLTD</i>  |
| 3:15 - 3:30   | <b>Break</b>  |
| 3:30 - 4:30   | <b>Laugh Yourself Silly</b> <i>Sandra Summerhayes</i>   |
| 4:30 - 6:30   | <b>Networking, Art Displays, Musical Entertainment, Hors D'oeuvres, Cash Bar</b>                                |

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*Speakers and topics subject to change*