

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

Thursday, June 27

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| 8:00 - 8:30 | Registration & Coffee Reception |
| 8:30 - 8:45 | Welcome Address <i>Carolyn Triemstra, Niagara College</i> |
| 8:45 - 9:45 | Making Sense of a Longevity Economy <i>Mark Venning, Change Rangers</i> |
| 9:45 - 10:45 | Your Future Reimagined <i>Michael Kennedy</i> |
| 10:45 - 11:00 | Break |
| 11:00 - 12:00 | Protirement - How to Make the Most of Life <i>Ellis Katsof, author, Life 3.0</i> |
| 12:00 - 1:00 | Lunch |
| 1:00 - 2:00 | We Are Not Our Mothers <i>Charlotte Empey</i> |
| 2:00 - 3:00 | Life Transitions <i>Dr. Amy D'Aprix</i> |
| 3:00 - 3:15 | Break |
| 3:15 - 4:15 | The Positive Effects of Mindfulness <i>Deirdre Walsh</i> |
| 4:15 - 4:45 | Art of Ageing Design Awards |
| 4:45 | Wrap Up & Networking |

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Speakers and topics subject to change