

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
8:00 - 8:30	Registration & Coffee Reception
8:30 - 8:45	Welcome Address <i>Carolyn Triemstra, Niagara College</i>
8:45 - 9:45	Ageing is Changing - Global Trends in Ageing <i>Dr. Jane Barratt, International Federation on Ageing</i>
9:45 - 10:15	Shaping our Local World <i>Sarah Webster, Seniors Health Knowledge Network</i>
10:15 - 10:30	Break
10:30 - 11:45	Neuroplasticity - The Woman Who Changed Her Brain <i>Barbara Arrowsmith-Young, Author and Founder Arrowsmith School</i>
11:45 - 1:00	Lunch (included)
1:00 - 2:00	Intelligent Fear As an Ally <i>Michael Clarkson, Author</i>
2:00 - 3:00	Awaken Your Passion, Purpose and Potential <i>Grace Cirocco, Author</i>
3:00 - 3:15	Break
3:15 - 4:15	Laugh Yourself Silly <i>Sandra Summerhayes, Leadership Consultant</i>
4:15 - 6:30	Networking, Art Challenge, Musical Entertainment, Hors d'oeuvres, Cash Bar

Time	Thursday, June 27
8:00 - 8:30	Registration & Coffee Reception
8:30 - 8:45	Welcome Address <i>Carolyn Triemstra, Niagara College</i>
8:45 - 10:00	Making Sense of a Longevity Economy <i>Mark Venning, Change Rangers</i>
10:00 - 11:00	Protirement - How to Make the Most of Life <i>Ellis Katsof, Author, Life 3.0</i>
11:00 - 11:15	Break
11:15 - 12:15	Your Future Reimagined <i>Michael Kennedy, Entrepreneur</i>
12:15 - 1:15	Lunch (included)
1:15 - 2:15	Courage, Freedom, Happiness <i>Janet Rouss, Author</i>
2:15 - 3:15	Creative Ageing Across Generations <i>Pat Spadafora, Kaleidoscope Consulting</i>
3:15 - 3:45	Break - Relocate to Athletic Gymnasium
3:45 - 4:45	The Positive Effects of Mindfulness <i>Deirdre Walsh, Integrative Health Coach</i>
4:45 - 5:00	Art of Ageing Design Awards & Wrap Up

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Speakers and topics subject to change