

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

Time	Thursday, June 27
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 - 10:00	<b>Making Sense of a Longevity Economy</b> <i>Mark Venning, Change Rangers</i>
10:00 - 10:15	<b>Break</b>
10:15 - 11:15	<b>Protirement - How to Make the Most of Life</b> <i>Ellis Katsof, Author, Life 3.0</i>
11:15 - 12:15	<b>Your Future Reimagined</b> <i>Michael Kennedy, Entrepreneur</i>
12:15 - 1:15	<b>Lunch (included)</b>
1:15 - 2:15	<b>Creative Ageing Across Generations</b> <i>Pat Spadafora, Kaleidoscope Consulting</i>
2:15 - 3:15	<b>The Positive Effects of Mindfulness</b> <i>Deirdre Walsh, Integrative Health Coach</i>
3:15 - 3:30	<b>Art of Ageing Design Awards &amp; Wrap Up</b>

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Speakers and topics subject to change

Parking Lot C  
Art of Ageing Parking

Ring Rd

Parking Lot A

First Ave

Woodlawn St

