

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>Dominic Ventresca, Age-Friendly Niagara Network</i> |
| 10:15 - 10:30 | Break |
| 10:30 - 11:45 | Neuroplasticity - The Woman Who Changed Her Brain <i>Barbara Arrowsmith-Young, Author</i> |
| 11:45 - 1:00 | Lunch <i>(included)</i> |
| 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 |

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Speakers and topics subject to change

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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 - 10:15 | Break |
| 10:15 - 11:15 | Protirement - How to Make the Most of Life <i>Ellis Katsof, Author, Life 3.0</i> |
| 11:15 - 12:15 | Your Future Reimagined <i>Michael Kennedy, Entrepreneur</i> |
| 12:15 - 1:15 | Lunch <i>(included)</i> |
| 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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