

# AGEWORKS<sup>®</sup>

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> Carolyn Triemstra, Niagara College
8:45 - 9:30	<b>Ageing is Changing - Global Trends in Ageing</b> Dr. Jane Barratt, International Federation on Ageing
9:30 - 10:00	<b>Shaping our Local World</b> Sarah Webster, Ontario Age-Friendly Communities
10:00 - 10:15	<b>Break</b>
10:15 - 11:15	<b>Creative Ageing</b> Pat Spadafora, Kaleidoscope Consulting
11:15 - 12:15	<b>Neuroplasticity - The Woman who Changed Her Brain</b> Barbara Arrowsmith-Young
12:15 - 1:15	<b>Lunch</b>
1:15 - 2:15	<b>Awaken Your Passion, Purpose and Potential</b> Grace Cirocco
2:15 - 3:15	<b>Old Age is Made Up</b> YOUAREUNLTD
3:15 - 3:30	<b>Break</b>
3:30 - 4:30	<b>Laugh Yourself Silly</b> Sandra Summerhayes
4:30 - 6:30	<b>Networking, Art Displays, 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> Carolyn Triemstra, Niagara College
8:45 - 9:45	<b>Making Sense of a Longevity Economy</b> Mark Venning, Change Rangers
9:45 - 10:45	<b>Your Future Reimagined</b> Michael Kennedy
10:45 - 11:00	<b>Break</b>
11:00 - 12:00	<b>Protirement - How to Make the Most of Life</b> Ellis Katsof, author, Life 3.0
12:00 - 1:00	<b>Lunch</b>
1:00 - 2:00	<b>We Are Not Our Mothers</b> Charlotte Empey
2:00 - 3:00	<b>Life Transitions</b> Dr. Amy D'Aprix
3:00 - 3:15	<b>Break</b>
3:15 - 4:15	<b>The Positive Effects of Mindfulness</b> Deirdre Walsh
4:15 - 4:45	<b>Art of Ageing Design Awards</b>
4:45	<b>Wrap Up &amp; Networking</b>

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Speakers and topics subject to change