

VIRTUAL HEALTH & WELLNESS CONFERENCE



www.edmontonseniorscentre.ca/health-and-wellness-conference

Join this free virtual conference to learn about a variety of essential resources for the 55+ community and gather the tools and information you need to maintain your health during flu season.

Sponsored by **DynaLIFE**
MEDICAL LABS
Keeping the community connected

WIN PRIZES Each presentation will have a SECRET WORD, simply watch the presentation and wait for the secret word to be announced. Once you have the secret words enter them using this link: bit.ly/vhwc-secretword You can enter them all at once or one at a time, each word is an entry into the draw!

Friday, October 23

10:00 AM - 10:25 AM	Keynote presented by Scott McKeen, Ward 6 City Councillor
10:30 AM - 11:00 AM	Qualicare: Home Care Services, your local home care experts
11:00 AM - 12:00 PM	Dr. Donna M. Wilson, University of Alberta: Ageism - recognizing and dealing with it
12:00 PM - 12:10 PM	Edmonton Seniors Coordinating Council
12:15 PM - 12:30 PM	Meals on Wheels
12:30 PM - 01:00 PM	Nurse Next Door
01:00 PM - 02:00 PM	Canada Revenue Agency
02:00 PM - 02:30 PM	Dignity Memorial
02:30 PM - 02:45 PM	Arthritis Society: Get the right tools to help you manage your arthritis
02:45 PM - 03:00 PM	Tegler Foundation

Saturday, October 24

10:00 AM - 10:15 AM	Conference day two kick off with Edmonton Seniors Centre
10:15 AM - 10:30 AM	Drive Happiness
10:30 AM - 11:00 AM	Your Organized Friend
11:00 AM - 11:45 PM	LGBTQ Older Adults: Beautiful Dreamers: Keeping the closet doors open
11:45 PM - 12:00 PM	Our Parents Home
12:05 PM - 12:30 PM	Westend Seniors Activity Centre: Food Program
12:30 PM - 01:00 PM	The Press Gallery: Premier Dry Cleaning in Edmonton
01:00 PM - 02:00 PM	Donna Durand for Alberta Council on Aging: Recognizing Fraud
02:00 PM - 02:30 PM	Revera Retirement Living; The Churchill, McConachie Gardens, Riverbend and River Ridge.
02:30 PM - 02:45 PM	Family Lines
02:45 PM - 03:45 PM	Dr. Tong, Macewan University: Eastern approach to increase health
03:45 PM - 04:00 PM	Prize draws with Edmonton Seniors Centre