

\$15 Student/Senior - \$40 Adult (Lunch Incl.)
<https://2017-seniors-summit.eventbrite.ca>

Tickets



Grey Matters

Healthy Minds for Healthy Aging



5th Annual Seniors' Summit

Sponsored by:



Free Bus with Eventbrite Ticket

For information or tickets call: (705)748-8830 x3200
or visit www.peterboroughcouncilonaging.ca

Information Fair held all day!

OCTOBER 26 2017

9 a.m. - 4:30 p.m.
Doors open at 8 a.m.
**Trent University,
Gzowski College**



Enjoy a day of inspiring talks & workshops



Denise Waligora, Keynote Speaker

Denise is a Mental Health First Aid Master Trainer with the Mental Health Commission of Canada. She began her career as a State psychiatric hospital nurse, followed by Program Director of group homes for dual diagnosed people. She also provided support in the Justice Program of the CMHA Niagara-Ontario for people with mental illness charged with a criminal offense.



Linda Kash, Guest Speaker

Linda is a comedian, actor and performer best known as Canada's beloved Kraft Philadelphia Cream Cheese Angel. Through improv, Linda has a unique understanding of mental health issues. No matter who you are, improv finds your funny bone and celebrates fun!



Dipika Damerla, Opening Speaker

Dipika is the Minister of Seniors Affairs. She was first elected to the Ontario legislature in 2011 and again in 2014 as the Member of Provincial Parliament for Mississauga East-Cooksville. Dipika has held several Associate Minister portfolios, including Health and Long Term Care. She has an MBA in Finance.

Workshops

- **Living Life to the Full**
Jack Vietch, CMHA- Haliburton, Kawartha, Pine Ridge
- **Alzheimer Disease - Treatment & Care**
Dr. Jennifer Ingram, Kawartha Regional Memory Clinic
- **Heads Up for Healthier Brains**
Carolyn Hemminger, Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland
- **LHIN Self Management Programs**
Melissa McNamarra, Local Health Integration Network
- **Dementia and Indigenous Peoples**
Dr. Jonathan Bertram, Centre for Addictions and Mental Health
Cristine Rego, Fleming College
- **Art-based Approaches to Social Inclusion**
Dr. Mark Skinner, Trent Centre for Aging & Society

This project was kindly supported in part by:

