



Sept. 24-25

**Radisson Hotel Edmonton South
4440 Gateway Blvd., Edmonton, Alberta**

Featuring keynote speaker Eric Peterson, known for his roles in three major Canadian television series: *Street Legal*, *This is Wonderland*, and most recently as Oscar Leroy in *Corner Gas*.

Both conference days include breakout sessions in three streams. Participants do not have to choose their preferred sessions in advance. Sessions include:

Building the Capacity of Your Organization

- The Hub Model: Connecting With Your Community
- More Than a Name: Communicating Who You Are and What You Do
- Let's Make a Movie - The Director's Cut: Portrayals of Collaboration
- Bring in the Boomers! The Changing Face of Volunteerism
- Building a Mosaic: Learning How to be Culturally Responsive
- Painting a Community Picture: Asset Mapping

Personal Development and Wellness

- Just Move It! Innovative and Successful Strategies to Engage Seniors in Physical Activity
- Networking With Confidence
- Desk Yoga: Learn How to De-Stress at Your Desk
- You Snooze, You Win: Sleeping Effectively
- Speak Easy: Tips for Effective Presentations
- Personal Safety

Aging in Place

- Yes, We Make Housecalls: Taking Health Services to Isolated Seniors
- Linking Generations
- Are You Healthy Enough to Drive: Medically At Risk Driver
- Adult Guardianship and Trusteeship Act: What You Need to Know About Recent Changes
- Seniors 101: A Review of Seniors Financial Assistance Programs and Alberta Seniors Drug Plan
- This Full House: The Issue of Hoarding

Early bird registration: \$149-----Late registration: \$199
Deadline: Aug. 31-----Deadline: Sept. 14

Registration options

Online: www.seniorscouncil.net

Mail: Edmonton Seniors Coordinating Council, #308 10310 Jasper Ave., Edmonton, AB, T5J 2W4

Fax: 780-428-1930

For more information call 780-423-5635