



# Conference 2019 – *Lively Living*

## Registration Form for **November 21, 2019**

Location: Star of the North, 3A St. Vital Avenue, St. Albert, AB T8N 1K1

**Conference Fee:** \$25.00 per person (includes lunch)  
 Please register before noon on **November 4, 2019**.

PLEASE **PRINT**, then **fill out** this form and **Mail**, with a cheque **payable to STARTA**, to Debbie Kelley, 11319-130 St., Edmonton, AB, T5M 1A3.

Registration is complete when payment has been received by the registrar.

Registrations are non-refundable, but are transferrable.

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

\*Email Address \_\_\_\_\_ Phone No. \_\_\_\_\_

\*This information is required for confirmations and correspondence – We do not share or sell registration information. We will be e-mailing/or posting ALL confirmations. **Receipts will be made available upon request.**

Please check **all** that apply to you:  ARTA Member  Branch member  Non member

If you have special dietary needs, please specify: \_\_\_\_\_

Program Brief for the Conference: Please indicate on the next page which sessions you are planning to attend.

9:00 – 9:30	Registration and Coffee in <i>the front foyer and dining area</i>
9:30–10:20	Keynote Speaker <b>Su-Ling Goh</b> in <i>the Willow Room</i>
10:30 – 12:30	Sessions in <i>various rooms</i>
12:30 – 1:15	LUNCH in <i>the dining room</i>
1:20 – 3:30	Sessions in <i>various rooms</i>
3:40 – 4:45	Closing Session: Medical Marijuana (Tentative)

Please note: Hearing Screening bookings will be made in the order registrations are received. The Gait Scan is only available from 2pm – 4pm, on a 'First come, First served' basis.

Speaker and session details on the EVENTS page at [www.artabranches.net/starta/events](http://www.artabranches.net/starta/events)

Registration questions or further information? Please contact the Registrar by e-mail

[debbie.kelley@shaw.ca](mailto:debbie.kelley@shaw.ca)

This conference was made possible by a grant from ARTA, sponsorship from Hearing Life, Merit Travel, and TW Insurance. We also appreciate the support from Leading Edge Physiotherapy, Sobeys/Safeway, and other local businesses!  
 Thank you!

Name : \_\_\_\_\_ email \_\_\_\_\_

9:00 - 9:30 REGISTRATION and coffee

TIME	SESSION	TOPIC , SPEAKER & Sponsor	ROOM
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Please CIRCLE only ONE preferred session in each time slot

9:30 - 10:20		KEYNOTE: Su-Ling Goh on Current issues in Senior Wellness (Global News)	Willow
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10:30 -11:20	1 - A	<b>Line Dancing:</b> ELISE SEEHAGEL	Willow
	1 - B	<b>Canada's Food Guide 2019:</b> KAMALA GARNEAU (Sobeys/ Safeway)	Genesis
	1 - C	<b>Options in using Home Equity:</b> DALLAS SLEEMAN	Polaris
	1 - D	<b>Wellness Travel :</b> KELSEY BARON (Merit Travel)	Rainbow

11:30 - 12:20	2 - A	<b>Myofascial Stretch &amp; Release:</b> ELISE SEEHAGEL	Willow
	2 - B	<b>Photography Club (Part 1)</b> If you plan to attend this session, indicate your level of comfort with editing photos electronically: <input type="checkbox"/> Novice <input type="checkbox"/> Some experience <input type="checkbox"/> Advanced	Genesis
	2 - C	<b>Hearing Life:</b> a rep. from Hearing Life – to be determined	Polaris
	2 - D	<b>Brain Health:</b> HAILIE RONDEAU	Rainbow

12:30 - 1:15 **LUNCH**

1:20 - 2:20	3 - B	<b>Photography Club: (Part 2)</b> with members of the Photography Club	Genesis
	3 - C	<b>Ten Things Your Pharmacist Would Like You to Know:</b>	Polaris
	3 - D	<b>Visit Foreign Places</b> with STARTA member presenters	Rainbow

2:30 - 3:30	4 - A	<b><u>Just Add Effort: Staying Fit and Strong with Little (or no) Equipment:</u></b> COLIN JAMES ( <b><u>Leading Edge Physio</u></b> )	Willow
	4 - B	<b>Make a Greeting Card:</b> PEGGY BERGMANN	Genesis
	4 - C	<b>Make a Greeting Card:</b> DEBBIE KELLEY	Polaris
	4 - D	<b>Visit Foreign Places</b> with STARTA member presenters	Rainbow

3: 40 – 4:45		<b>CLOSING SESSION: Medical Marijuana</b> (Tentative)	Willow
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OTHER ACTIVITIES - please check the box to indicate your interest	<input type="checkbox"/>	free GAIT SCAN in front lobby - available 2 pm – 4 pm	
	<input type="checkbox"/>	Scrabble Challenge	<input type="checkbox"/> Cribbage
	<input type="checkbox"/>	Knitting Circle (pm only)	<input type="checkbox"/> Learn to crochet (pm only)
	<input type="checkbox"/>	Hearing Screening -: preferred time?	<input type="checkbox"/> 9:00 - 10:30 <input type="checkbox"/> 10:30 - 11:30 <input type="checkbox"/> 11:30 - 12:30 <input type="checkbox"/> 1:30 - 2:30 <input type="checkbox"/> 2:30 - 3:30