

Speaker/ Session information

<p>9:30 – 10:20 Willow Room</p>	<p><u>Current Issues in Senior Wellness:</u> SU-LING GOH (Global News) "Edmonton's only dedicated health reporter. With more than 12 years of experience on the Global News Health Matters beat, Su-Ling brings knowledge, perspective, context and heart to her award winning stories." Global Edmonton Website.</p>
<p>10:30 – 11:20 Willow Room</p>	<p>1A: <u>Line Dancing:</u> ELISE SEEHAGEL : Elise's passion for dance came at the young age of 5 and gave her some very memorable experiences around North America. In her teens she branched out into teaching ballroom dancing and competing professionally. Since then she has found a passion for the health and wellness sector and enjoys teaching dance and fitness to all ages. Line Dancing is a low impact activity that is great exercise and fun. Following music and learning patterns is also great for your brain! No experience necessary. Shoes with leather soles might be an advantage</p>
<p>Genesis Room</p>	<p>1B: <u>Canada's Food Guide 2019:</u> KAMALA GARNEAU, a Registered Dietitian, has been working professionally since 1998. She has a Bachelor of Science degree in Food Science and Nutrition from the University of Alberta. As a member of both the College of Dietitians of Alberta and Dietitians of Canada, Kamala has worked in many different areas, including working as a Clinical Dietitian in acute care, long-term care, and community settings. Her focus over the past decade has been in a management/supervisory capacity, currently working for Alberta Health Services as a Supervisor at the Food Service Centre. She also contracts with Sobeys Pharmacy offering nutrition presentations, displays and grocery tours at various locations. Kamala lives in Edmonton with her husband and two young children.</p>
<p>Polaris Room</p>	<p>1C. <u>Options & Cautions in Accessing Home Equity:</u> DALLAS SLEEMAN is a licensed mortgage professional with Dominion Lending Centres. Always having had a focus on helping people, Dallas first earned a BSC in Nutrition and became a Registered Dietitian. She later decided to transition to the financial services sector. Since that transition she has learned that you can have a positive impact on people by providing sound advice in assisting them with their homeownership and financial dreams.</p>
<p>Rainbow Room</p>	<p>1D. <u>Wellness Travel</u> : KELSEY BARON (Travel Consultant from Merit Travel) In the past, wellness vacations vacillated between extreme boot camps to detoxing spa weekends. As self-care has evolved into a daily goal, it has found a match in travel. Travel connects us to our planet, its people and to ourselves. Join Merit Travel for an</p>

	informative talk about how you can pursue your personal goals of wellbeing and rejuvenation for the mind, body and soul, all while visiting an awe-inspiring destination. Healthy food experiences, comfortable accommodation, and local experiences are only part of what makes up a wellness vacation. Learn why you need a wellness break and where you could go next year.
11:30 – 12:20	
Willow Room	2A. <u>Myofascial Stretch & Release:</u> ELISE SEEHAGEL: Elise's passion for dance has led her to becoming a CanFit Pro certified instructor, teaching (amongst other things) Myofascial Release. This session involves working the fascia, which is the soft connective tissue located just under the skin, and with muscle in the Myofascial system. Participants will learn the techniques to apply gentle, sustained pressure of the soft tissue and apply traction to the fascia. You will learn how to stretch, gain range of motion, and recover from previous trauma. Can be done seated or standing.
Genesis Room	2B. <u>St. Albert Photography Club (Part 1)</u> with members of the Photography Club: The St. Albert Photography Club (SAPC) has been a thriving organization since 1992. Photographers of all ages and skill levels are welcome. The only prerequisite is a love for photography. The Photography Club offers a place for enthusiasts to learn and to share across the diverse realms of photography. The club meets at 7 pm at St. Albert Inn on the 2 nd , 3 rd , and 4 th Wednesday of each month, September to June. *** <i>Please note – this is PART 1 of 2 sessions.</i>
Polaris Room	2C. <u>HearingLife:</u> presenter to be determined Hearing Life is Canada's largest group of hearing centres with a Mission Statement "to increase awareness of hearing loss and enhance the quality of life for those living with it untreated." All clinics are staffed by highly trained and certified hearing healthcare professionals ready to provide quality care and on-the-spot results. Hearing Health Presentation will include such topics as recognizing signs of hearing loss, different types of hearing loss and what appropriate corrective measures are, Tinnitus and how to manage it in our everyday lives and the hidden cost of untreated hearing loss.
Rainbow Room	2D. <u>Brain Health:</u> HAILIE RONDEAU, RN Care Specialist from HumanaCare. The brain is the control centre for everything that we do, and who we are. It gives us our capacity to learn, make memories, plan our lives, and take action. We know we have to protect this vital organ, but exactly how do we optimize its wellness? Packed full of information and strategies, this presentation will leave you with lots to think about.
12:30 – 1:15	<i>Light LUNCH</i>

1:20 – 2:20	
Genesis Room	3B. <u>St. Albert Photography Club (Part 2)</u> with members of the Photography Club
Polaris Room	3C <u>Ten things your pharmacist would like you to know:</u> JENNIFER WARWARUK (Sobeys/ Safeway) Jennifer is currently the Pharmacy Manager at Safeway Pharmacy #8859 in St. Albert. She graduated from the Faculty of Pharmacy at the University of Alberta in 2006 and also received a Bachelor of Science degree with Honours in Pharmacology in 2002. In her current practice, Jennifer has a special interest in diabetes and is a Certified Diabetes Educator.
Rainbow Room	3D <u>Visit Foreign Places</u> with various STARTA members: Listen to the Travel Tales of the following STARTA members as they show you the world! <u>Poland, Tomorrow's Croatia:</u> LEO BRUSEKER and his wife Sandy have travelled extensively. They have traveled independently, in groups and have taken ocean and river cruises. <u>African Adventures:</u> EMILIE KEANE has traveled extensively both in Canada and abroad. Come experience African safaris through amazing photos of the wildlife in South Africa and learn about some of the sites while cruising around the Cape of Africa. <u>South America:</u> EMILIE KEANE Come explore some exciting tourist destinations in South America through some of her photos of Rio de Janeiro in Brazil, Iguassu Falls and Buenos Aires in Argentina, Cuzco, Machu Picchu and Lake Titicaca in Peru.
2:30 – 3:30	
Willow Room	4A: <u>Just Add Effort: Staying Fit and Strong with Little (or No) Equipment:</u> (Leading Edge Physio): COLIN JAMES Leading Edge Physiotherapy was created from a desire to do things differently: with a focus on spirit and enthusiasm, as well as excellence in skills and technology in their six locations. Their desire is to not only make a difference in the life of each patient that they treat, but to make a difference in their community. Visit their website (see leadingedgephysio.com) to learn more about their fantastic community initiatives. __Colin James is a physiotherapist at Leading Edge Physiotherapy in St Albert. He holds both a Bachelors (2014) and Masters (2016) of Science in Physical Therapy from the University of Alberta. His skill set includes credentials from Canadian Physiotherapy Association Orthopedic Division CPA levels 1 and 2, Medical Acupuncture Accreditation, Myofascial Release. His other interest is fitness, and he loves to see people smile.
Genesis Room &	4B & 4C: <u>Make a Greeting Card:</u> DEBBIE KELLEY & PEGGY

Polaris Room	BERGMANN Make two cards in this one hour session. President of STARTA, Debbie loves to make cards, beautiful baskets, and 'all things' crafty. Past president of STARTA, Peggy loves to make cards and scrapbook. Class participants will have the opportunity to follow group instruction to construct a card. All materials will be supplied. After completing one card in the first ½ hour, participants will move to the room across the hall to construct a second card with the second instructor.
Rainbow Room	<p>4D. <u>Visit Foreign Places</u> (vicariously) with STARTA members</p> <p><u>Featuring South East Asia and Japan:</u> LAURA HEATHERINGTON has recently visited several countries in Asia. She will share travel stories about Japan, Thailand, Cambodia, and Vietnam.</p> <p><u>Misadventures in China:</u> KATE GALE In 2001 Kate Gale, retired teacher librarian, went to China to teach ESL for just nine months and stayed for twelve years. Hear and stories and share her experiences.</p>
Willow Room 3:40 – 4:45	CLOSING SESSION: Medical Marijuana (Tentative)

OTHER ACTIVITIES throughout the building:

SCRABBLE CHALLENGE in the cafeteria and hallways around the building

CRIB GAMES in the cafeteria and hallways around the building

KNITTING /CROCHETING CIRCLE (afternoon only) in the Cafeteria

HEARING SCREENING: pre-booked times (limited availability) in a suite

GAIT SCAN (2pm – 4 pm in the Lobby) by Lisa Huskins, MSC OT from Leading Edge Physio

Merit Travel table and specialist in the lobby to answers questions & share information.

TW Insurance table and specialist in the lobby to answers questions & share information