

St. Albert and Area Retired Teachers invite you to join us:

‘Lively Living’

A Wellness Conference for Retirees

9:00 am – 4:45 pm

November 21, 2019

at

Star of the North Retreat House
3A St. Vital Ave. St. Albert

Keynote speaker: Su-Ling Goh from Global News on
“Current Issues in Senior Wellness”

- **PRESENTATIONS:** Brain Health, Financial Wellness, Hearing, Nutrition, a Pharmacist’s Perspective, Photography, Travel Wellness, and Visits to Foreign Places (vicariously, of course!)
CLOSING SESSION: Medical Marijuana (tentative),
- **SERVICES:** Free Hearing Screening (booked times), Gait Scan
- **ACTIVITIES:** Line dancing, Myofascial Stretch and release, Maintaining Strength and Mobility, Card making, Scrabble Challenge, Cribbage Tournament, Crocheting and Knitting Circles

COST ONLY \$25.00 per person
for any part of, or the whole day, including lunch

Members of the public are invited to come!

Speaker and sessions information and the **registration form** is posted on the STARTA website (artabranches.net/starta/events).

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 Dominion Lending Mortgage Mentors, Leading Edge Physiotherapy, Sobeys/Safeway, and other local businesses! Thank you!