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**Eventbrite**



JOIN US FOR A  
**NATIONAL CONVERSATION  
ON PREVENTIVE  
HEALTH & AGING**

**SIXTH SESSION  
WINNIPEG, MB**

MONDAY, NOV. 4, 2019  
8:30 AM TO 5:00 PM

CANADIAN MUSEUM FOR  
HUMAN RIGHTS

»» GROUP ENTRANCE  
85 ISRAEL ASPER WAY  
WINNIPEG, MB R3C 0L5

**FREE TICKET  
INCLUDES  
LUNCH AND  
RECEPTION**

**REGISTER TODAY!**  
**CARP.ca/winnipeg**

# NATIONAL PREVENTIVE HEALTH & AGING EDUCATION SERIES

WINNIPEG, MB

## ABOUT THE LEADING NATIONAL CONVERSATION ON PREVENTIVE HEALTH AND AGING (NCPHA)

CARP invites policymakers, leading experts, and all concerned citizens to take part in a national conversation about what healthy aging should look like in Canada.

The goal of the series is to highlight challenges and innovations in the field of preventive health. In Winnipeg, expert speakers will focus on adult immunization, physical and social engagement, relationships and inclusion, the experiences of marginalization and its impact on health, dementia and brain health, and more.

This educational series is presented with support from United Way, AGE-WELL, NICE Network, International Federation on Ageing (IFA), Sanofi Pasteur, GSK, Pfizer, Canadian Frailty Network, and others.



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# NATIONAL PREVENTIVE HEALTH & AGING EDUCATION SERIES

## WINNIPEG AGENDA\*

### MORNING

8:00 - 9:00AM REGISTRATION & BREAKFAST

WELCOME & OPENING REMARKS (9:00AM)  
Ramona Kaptyn (CARP)

KEYNOTE - HEALTHY AGING IN MANITOBA  
Dr. Brent Roussin (Chief Provincial Public Health Officer MB)

KEYNOTE - AVOID FRAILTY. TAKE CONTROL  
Dr. John Muscedere (Canadian Frailty Network)

HOT TOPIC: FALLS PREVENTION  
Cynthia Menzies, Maggie Wallin & Melissa Skrabek-Senécal  
(Winnipeg Regional Health Authority)

MORNING NETWORKING BREAK

SESSION - ADULT VACCINATION  
(1) Sonal Purohit (Shoppers Drug Mart)  
(2) Megan Acton (International Federation on Ageing)  
(3) Bryan Tennant (GlaxoSmithKline - GSK)

LUNCH WITH TABLE WORK AROUND ADULT VACCINATION



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## WINNIPEG AGENDA\*

### AFTERNOON

#### STAND UP STRAIGHT AND LET'S GET MOVING

Ashley Clement (Canadian Forces Morale and Welfare Services (CFMWS)/17 Wing Winnipeg and HIGH FIVE trainer)

#### HOT TOPIC: LET'S TALK DIABETES

Elahe Askar (Diabetes Canada)

#### SESSION - PARTNERSHIPS IN HEALTHY AGING

(1) Karin Whalen (Wellness Institute)

(2) Jim Evanchuk (AAIM - Active Aging in Manitoba)

#### AFTERNOON NETWORKING BREAK

#### SESSION - SOCIAL CONNECTEDNESS & HEALTH

(1) Angela Brooks (United Way)

(2) Cathy Holmes (United Way)

\*Final schedule timings tbd.  
Schedule subject to change



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## WINNIPEG AGENDA\*

### AFTERNOON CONT.

#### HOT TOPIC: ELDER ABUSE PREVENTION

Kelsey Streber (A & O: Support Services for Older Adults)

#### HOT TOPIC - BRAIN HEALTH

Angie Arshad (Alzheimer Society of Manitoba)

#### CARP OVERVIEW

Jana Ray (CARP)

#### WRAP UP & TAKE AWAYS

Ramona Kaptyn (CARP)

FOLLOWED BY NETWORKING RECEPTION  
FOR CONTINUED CONVERSATION

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