



NEWS RELEASE

For immediate release
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“THRIVING COMMUNITY PARTNERSHIPS FOR HEALTHY AGING” FORUM SET FOR MARCH 6

Dr. Patrick McGowan, University of Victoria - Centre on Aging, to give keynote address

Lillooet, BC – The Squamish-Lillooet Regional District (SLRD), in partnership with the Lillooet Hospice Society, is hosting a forum to explore the complex challenges of supporting healthy aging for seniors living in Lillooet and the surrounding area. The free day-long forum will take place at the Lillooet REC Centre on Friday, March 6 from 9:00 a.m. until 4:00 p.m. The forum is an opportunity for seniors, their families, those approaching their senior years, and those who provide care and essential services to seniors to come together, learn about seniors' health issues, and engage in conversations about how to best support the physical, mental, and social well-being of Lillooet and area seniors as they age.

Dr. Patrick McGowan, director of the Ladner Office of the University of Victoria – Centre on Aging, will give the keynote address: *Our Responsibility in Managing Chronic Disease*. The forum will also feature presentations by BC Housing on maintaining independence through home adaptations and potential developments with seniors housing. Additional presentations on topics such as healthy eating and staying active are also in the works. Following the presentations, participants will break into groups to delve deeper into the topics that matter most to them with the goal of identifying specific challenges and formulating actionable solutions.

“We’re delighted to have secured a keynote speaker of such a high calibre and with such an important message to share,” says Mickey Macri, SLRD Area B Director. “That said, we’re excited by the opportunity to listen to the opinions and ideas from people from right here in our community too. I’d also like to recognize event organizer, Gail Madrigga. She’s working hard to make sure that the event generates lots of good discussion about how we can all work together to support seniors and elders in our community. Thank you, Gail!”

Admission to the forum is free. However, advance registration is appreciated to help with planning efforts. Light refreshments and lunch will be provided. The event will also feature an expo with information about the many programs, activities and services available for seniors in the Lillooet area.

It’s expected that the full program schedule will be finalized by mid-February. More information will be available on the SLRD’s website at www.slrd.bc.ca/Lillooet-healthy-aging-forum in the coming weeks. For more details, to RSVP, or to inquire about display space at the expo or sponsorship opportunities, please contact Gail Madrigga at (250) 256-4910 or by email at gmadriga@telus.net.

This event is being funded by the Healthy Communities Capacity Building Fund. The fund is a part of PlanH, a partnership between BC Healthy Communities Society and Healthy Families BC and informed by health authorities and other stakeholders. The PlanH program supports local government engagement and partnership across sectors for creating healthier communities and provides learning opportunities, resources and leading-edge practices for collaborative local action.

- 30 -

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