

EVENT BRIEF

Thriving Community Partnerships for Healthy Aging

Friday, March 6, 2015 9:00 a.m. to 5:00 p.m.
Lillooet REC Centre Gymnasium

Thriving Community Partnerships for Healthy Aging is an opportunity for seniors, their families, those approaching their senior years, and seniors' service providers 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. The forum will feature a community expo, giving local organizations and businesses an opportunity to showcase information about the various programs, activities, services and supports available for seniors in the Lillooet area.

Keynote Address:

Dr. Patrick McGowan - University of Victoria Centre on Aging
Our Responsibility in Managing Chronic Disease

The forum will also include several other presentations including:

- (1) Home and Community Care (Interior Health Authority)
- (2) Elder Abuse (BC Centre for Elder Abuse and Support)
- (3) Healthy eating, supplements and staying active (Dr. Sal Meli, Naturopathic Physician)
- (4) "My Voice" – Expressing wishes for future health care (Interior Health Authority)

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. Topics will be chosen by the participants, but could include: planning for medical issues, health transportation, managing chronic disease, advance care planning, and more.

Key goals of the forum include:

- (1) Increased understanding of the issues and challenges facing seniors;
- (2) Strengthened relationships and improved communication among people and organizations working to address seniors' health issues;
- (3) Identification of priority issues and actionable solutions.

This project is being funded by the Healthy Communities Capacity Building Fund, part of PlanH, a partnership between BC Healthy Communities Society and Healthy Families BC.

For more details, or to inquire about partnership opportunities or display space at the expo, please contact Gail Madriga at (250) 256-4910 or gmadriga@telus.net.



Making connections, sharing learning, strengthening partnerships.