

# *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.

## **Keynote Address:**

**Dr. Patrick McGowan - University of Victoria Centre on Aging**

***Our Responsibility in Managing Chronic Disease***

## **Additional Presentations:**

*Home and Community Care (Interior Health Authority)*

*Elder Abuse (BC Centre for Elder Abuse and Support)*

*Preventative Medicine (Dr. Sal Meli, Naturopathic Physician)*

*"My Voice" – Expressing wishes for future health care (Interior Health Authority)*

## **Break-out Sessions:**

Following the presentations, participants will break into groups to delve deeper into the topics that most matter to them with the goal of identifying specific challenges and formulating actionable solutions.

**Admission is free. However, advance registration is appreciated.**

Light refreshments and lunch will be provided. The event will feature an expo with information about the many programs, activities and services available for seniors in the Lillooet area.

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



*Making connections, sharing learning, strengthening partnerships.*