

SUMMIT 2021 AGENDA

TIME	TOPIC
09:15 a.m. – 09:30 a.m.	All Set for an Amazing Day – Check your Zoom Settings & Try Our Well-Being Trivia Game
09:30 a.m.– 09:45 a.m.	Ready to be Inspired – Your Morning Host: Jayne Culbert, Age-friendly Peterborough Welcoming Remarks & Land Acknowledgement
09:45 a.m. – 10:20 a.m.	Begin the Journey - Well-Being Wheel Sheila Cook, Community Care Peterborough
10:20 a.m. – 10:40 a.m.	Power Up Break
10:40 a.m.– 11:15 a.m.–	<i>Select Option A or B</i>
	OPTION A A Healthy Mind. A Healthy Body. Jennifer Penhale, YMCA of Peterborough and Kelley Curtis, CMHA
	OPTION B Introducing Powerful Tools for Caregivers – Healthy Ways to Manage your Stress Aja Bax, Community Care Peterborough
11:15 a.m.– 11:35 a.m.	Power Up Break
11:35 a.m.– 12:10 p.m.	<i>Select Option C or D</i>
	OPTION C Make Your Healthcare Conversations Count Cathy Berges, Age-friendly Peterborough
	OPTION D Practice 7 Ways to Feel Calm, Less Stressed and Enjoy Better Sleep Sheila Cook, Community Care Peterborough
12:10 p.m. – 12:40 p.m.	Lunch Time
12: 40 p.m. – 12:50 p.m.	Power Up – Your Afternoon Host: Catherine Pink, Community Care Peterborough Feel Energized Through Exercise
12:50 – 1:15 p.m.	What New Resources are Available to Support Your Well-Being? <ul style="list-style-type: none"> • Age-friendly Peterborough – Jayne Culbert • 211 Community Connection - Sarah Owens • Volunteer Opportunities - Darci Maude, Community Care Peterborough • Home and Community Care Support Services – Central East - Sheri McKeen -
1:15 p.m.– 1:50p.m.	<i>Select Option E or F</i>
	OPTION E Eat Well to Feel Well Lauren Kennedy and Elaine McCarthy, Peterborough Public Health
	OPTION F Be Prepared Jayne Culbert, Age-friendly Peterborough; Jodi DeNoble, City of Peterborough; Laura Proctor, Elder Abuse Prevention Ontario; Dawn Berry-Merriam, Age-friendly Peterborough; and Carolee Awde Geriatric Health Board
1:50 p.m. – 2:10 p.m.	Power Up Break
2:10 p.m.- 2:20 p.m.	At the Summit – Create your Well-Being Plan & How to Keep on Track Sheila Cook, Community Care Peterborough
2:20 p.m. – 2:30 p.m.	It's a Wrap! Evaluate your Experience
2:30 p.m. –	Optional – Gentle Stretches & Relaxation Time

TIME	TOPIC
3:00 p.m.	Sheila Cook, Community Care Peterborough