

## **SUMMIT 2021 Session Descriptions**

### **SESSION A**

#### **A Healthy Mind. A Healthy Body.**

*Jennifer Penhale, YMCA of Peterborough and Kelley Curtis, Canadian Mental Health Association*

A healthy mind leads to a healthy body. Also true, a healthy body leads to a healthy mind. What is the connection and how can you achieve balance and maximize your wellness? Get inspired to move a little more and worry a little less.

### **SESSION B**

#### **Introducing Powerful Tools for Caregivers – Healthy Ways to Manage your Stress**

*Aja Bax, Community Care Peterborough*

Powerful Tools for Caregivers is a 6-week self-care education program for family caregivers that has been shown to have a positive impact on the health and well-being of caregivers. Join us for an introductory session to focus on tools that will help you manage the daily stresses you face as caregivers.

### **SESSION C**

#### **Making your Healthcare. Conversations Count**

*Cathy Berges, Age-friendly Peterborough*

It can be challenging to address health concerns whether you're a patient or a caregiver. If you're looking for tips and tools to help you talk to health care providers, you'll find this session beneficial

### **OPTION D**

#### **Practice 7 Ways to Feel Calm, Less Stressed and Enjoy Better Sleep**

*Sheila Cook, Community Care Peterborough*

Test drive a variety of simple ways to reduce stress and anxiety so that you feel physically, emotionally and mentally stronger.

### **OPTION E**

#### **Eat Well to Feel Well**

*Lauren Kennedy and Elaine McCarthy, Peterborough Public Health*

Healthy eating looks different for everyone. Explore how eating can help you feel well, get recipe ideas and join a registered dietitian for a live Q&A

### **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*

Do you think about... what would you do if there was an emergency and you had to leave your home quickly or what if you cannot stay in your home because you don't feel safe or can't afford it? Life can change in an instant. When you plan for potential life changes you have time to think about your wishes and explore your options. Change is harder when decisions need to be made in a crisis. Learn about the new Be Prepared binder and workshop that will help you prepare for an emergency, safety planning, next step housing, advanced planning, and end of life care.