

# ***Workshop Information***

## **Exercise and Falls Prevention presented by Shannon Burton, Community Care Peterborough:**

Learn about the benefits of maintaining an active lifestyle, including things that you can do at home such as simple exercises and removing fall hazards. Mobility device safety, in particular things to look for when assisting a person who utilizes a mobility device such as a walker or wheelchair, will be discussed. The session will also provide a deeper understanding of Community Care Peterborough's Exercise and Falls Prevention program and recent statistics relating to physical activity and aging.

## **Age-friendly Peterborough presented by Erin Goodman, Age-friendly Coordinator:**

In 2017, Peterborough joined the global movement to create age-friendly communities with the Age-friendly Peterborough Community Action Plan. Age-friendly communities recognize older adults as an asset, and provide programs and services that enable everyone to do the things they value for as long as possible. Join Age-friendly Coordinator Erin Goodman, as she provides a brief history of the age-friendly movement here in the Peterborough region, describes the objective and goals of the Age-friendly Action Plan, reports on the exciting projects and initiatives that the members of Age-friendly Peterborough are engaged in implementing, and explains how this movement is driven by the knowledge and energy of volunteers.

## **Mental Health Workshop presented by Jack Veitch, Manager of Community Engagement and Education with the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge Branch:**

This presentation will provide an overview of mental health, mental illness, and the associated stigma. A broad range of mental illnesses, symptoms and treatment options will be covered. Illnesses such as depression, anxiety, post-traumatic stress disorder and schizophrenia will be discussed.

## **Frauds & Scams presented by Mark Reesor, Ptbo. Police, Major Crime Unit, Elder Abuse Investigator:**

Mark will talk about the most common frauds and scams that are targeting seniors in the Peterborough area. Mark will be presenting with the intention of empowering people to recognize and stop frauds before they victimize people in our community.

# ***Keynote Speakers***

## **Bruce MacDonald, CEO Imagine Canada:**

Who would have thought that operating carnival games and rides would lead to a career in social good? Nobody, really. Well – over 30 years later, Bruce is still at it. From having served as CEO of Big Brothers Big Sisters of Canada for ten years and prior to that as the organization's Vice-President of Marketing, Bruce has led major change initiatives and developed long and innovative partnerships with corporations and other charities. A wide and varied career, working with different parts of the sector has lead him to Imagine Canada – working with young people, older adults, sports and recreation and community service clubs.

## **Tessa Smith, Local writer and Philanthropist:**

Tessa Smith is a 20-year-old philanthropist, motivational speaker, disability activist, writer, artist, model, and two-time cancer survivor, attending Trent University for her BA (Hons.) in English Literature. Tessa is the Founder of Chatability, which is an online community for students with disabilities attending high school or post-secondary education throughout Canada to connect and fight for disabled rights. Currently, Tessa is a Student Governor for her University, has an opinion column with the Peterborough Examiner, and is working towards an all-inclusive future through her writing and advocacy.