



lifetime

WELCOME TO TODAY'S SESSIONS

Dialogue
on **aging**
PUBLIC PRESENTATION SERIES

presented by:



WE CARE FOR SENIORS



Moderator: Dr. Art Hister



12:00 – 12:45 pm

Food - What's New and Best for You

Speaker: Liz da Silva



1:30 – 2:15 pm

Building Strength to Prevent Falls

Speaker: Yee Tse



3:00 – 3:45 pm

Aging 2.0 - Linking to Reputable Brain Info

Speaker: Dr. Julie Robillard

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