



Seniors Active Living Fair

Wednesday, February 14, 2024 • 10:00am - 2:00pm

Ron Edwards Family YMCA

500 Drury Lane | (905) 632-5000

FREE to the community. No registration required.

SPEAKERS: 10:30 - 11:30am

YMCA DEMONSTRATIONS:

Falls Prevention/Balance+: 11:45am - 12:15pm

Gentlefit & Activator Walking Poles: 12:45 - 1:15pm

If you are interested in being an exhibitor please contact:

ymcahbb.ca/seniors-active-living-fairs

Promoting brain health: Discover how to reduce your risk for dementia

It's never too early or too late to reduce your risk of dementia. Did you know that up to 40% of dementias could be prevented or delayed by modifying your lifestyle? In this webinar, you'll learn what the latest research says about the actions you can take to promote brain health and delay or prevent cognitive impairment. Discover how physical activity, weight management, hearing loss, blood vessel health, social and cognitive activity, smoking and alcohol consumption, and other conditions, such as traumatic brain injury and medication side effects, can affect cognition.



Bio: Dr. Anthony Levinson is a Professor at McMaster University and a physician who works in the area of consultation-liaison psychiatry in Hamilton. As the Director of the Division of e-Learning

Innovation in the Faculty of Health Sciences, Dr. Levinson develops and studies internet-based solutions to deliver high-quality health educational experiences to both the public and healthcare professionals. As part of the leadership team for the McMaster Optimal Aging Portal, he leads the design and development of multimedia content, including online learning about various topics related to healthy aging. He was recently awarded a grant from the Public Health Agency of Canada to study and develop web-based resources to educate Canadians about dementia risk reduction (dementiarisk.ca). Along with his colleague, Dr. Richard Sztramko, he developed iGericare.ca, an online dementia education program for care partners of people living with dementia.



Blue Zone Secrets for a Longer, Healthier Life

Join us for an exciting journey into Blue Zones, where we'll uncover the secrets to longer, healthier lives. Learn about the vital lifestyle factors—nutrition, physical activity, social connections, stress management, and purpose—that shape the world's healthiest regions. Discover the latest research program inspired by the blue zones from the Geras Centre for Aging Research at Hamilton Health Sciences and McMaster University, called 'Optimal Fitness' now available at the YMCA of Hamilton|Burlington|Brantford.



Bio: Dr. Alexandra Papaioannou is a Professor of Medicine at McMaster University, a Geriatric Medicine Specialist at Hamilton Health Sciences and Executive Director of the Geras Centre for Aging Research. She is a national and international leader in frailty and healthy aging research. She holds a Tier 1 Canadian Research Chair in Geriatric Medicine and Healthy Aging.

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