



# Healthy Aging Wellness Day!

**June 21, 2025 -Opening Ceremonies at 8:45am**

Sauble Beach Community Centre

30 Community Centre Drive, Sauble Beach

Free Event, No Pre-registration. Open for all to attend!



## Healthy Aging

with Dr. Larry Schmidt, Sauble  
Family Health Team



## Bone Health & Fracture Prevention

with Judy Porteous,  
Osteoporosis Canada



## Power of Attorney & Elder Abuse Prevention

with Angela Yennsen, Grey-Bruce  
Community Legal Clinic



## Living Well at Home & Understanding Your Support Circle

with Suzanne Steed, Bruce  
Peninsula Hospice

## Living Well with Dementia in our Community

with Dr. Gloria Puurveen, Nav-CARE  
Project Manager, University of  
British Columbia -Okanagan

## Walk with the Doc -starts at 8am

## Complimentary Lunch and Healthy Snacks provided

Learn more online:

[www.southbrucepeninsula.com/HealthyAgingWellnessDay/](http://www.southbrucepeninsula.com/HealthyAgingWellnessDay/)

## Lifelong Learning & Wellness at Bruce County Library

with Brooke McLean, Bruce County  
Public Library

## Calm, Clear & Connected: The Power of Mindfulness in Aging Well

with Rebecca Brown, Social Worker  
& Psychotherapist

## Stepping Stones: Planning Ahead, Having Conversations

with Nancy Forgrave, Bruce Peninsula  
Hospice and Tiarra Gibbs, St. Joseph's  
Health Care

## Movement Demonstrations

- Chair Yoga • Lawn Bowling
- Gentle Fit • Horseshoes & more!

## Exhibitor Booths:

- Gather information from local community services & organizations including:
  - Local Community Service Groups
  - Grey Bruce Ontario Health Team
  - Grey Bruce Public Health
  - Home and Community Support Services & more!



Funding provided by:

