

THRIVE ON PURPOSE: A VIRTUAL WELLNESS FAIR FOR OLDER ADULTS



**Aging Well
in Nature**



Thrive On Purpose is a 4-part virtual fair (webinar series) by BioEndeavor and Dr. Minna Allarakhia, designed to empower older adults to live more intentionally. Through inspiring weekly webinars with guest speakers & interactive activities, participants will explore:

**Why Purpose
Matters to
Age Well**



**Gut and Brain
Health: Connecting
through our
Traditions/Recipes**



**The Science of
Nature for our
Emotional
Health**



**Joyful and
Impactful
Shopping
(Buy Better)**



**Scan the QR Code
to Register**



Email us

minna@bioendeavor.net



Visit Our Website

<https://www.bioendeavor.net/engaging-older-adults>



Older Adults' Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adults Centres
La voix des centres pour aînés



Funding provided by

Ontario





BioEndeavor: The JNS Endeavor

The JNS Endeavor is in memory of three exceptionally strong older women. We created this initiative to remember and commemorate their lives. From their life lessons, we hope to engage and empower older adults in writing the next chapter in their life stories while living a healthy and purposeful life. Dr. Minna Allarakhia.



Registration



Scan the QR Code to Register

Join the Zoom session online

Receive the URL to join the Zoom web session

Or dial into the session

Or telephone dialing instructions

4 Virtual Fair Sessions

Nov 11 : Why Purpose Matters to Age Well

Explore how purpose supports your physical and brain health. Hear from community-based organizations on why your voice is needed as we re-imagine and re-design healthier communities to age well together.

Nov 13: Gut and Brain Health-Connecting through our Traditions and Recipes

Explore how food connects us across cultures, generations, and ecosystems. This session dives into the power of gut-healthy, brain-boosting, and planet-friendly foods as we share our traditions and recipes.

Nov 18: The Science of Nature for our Emotional Health

This session introduces biophilic design, that is bringing nature into our homes and spaces, and its science-backed impact on the brain. Participants will learn how to create more nurturing, calming environments using plants, natural light, colour, and texture.

Nov 20: Joyful & Impactful Shopping (Buy Better)

Discover practical ways to embrace impactful shopping this holiday season from healthier, eco-friendly gifts and décor to reducing waste and making informed purchases. Learn how to save money in the process and get your whole family involved.

WEBINAR DATES

November 11th 2025

November 13th 2025

**10:30 am to 11:45 am EST
on zoom or by phone**

November 18th 2025

November 20th 2025

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