

Program at a Glance

Wednesday, October 18, 2017

1:00pm – 5:00pm	WELLNESS FAIR EXHIBIT BOOTHS	GRAND BALLROOM
1:00pm – 1:30pm	KEYNOTE PRESENTATION MAIN STAGE New Nordic Livability	MAIN STAGE - ADAM ROOM
1:30pm – 1:45pm	KEYNOTE PRESENTATION MAIN STAGE - Metamorphosis: From 66 Years of Steel and Concrete To Retirement - Caring For My Fellow Human Beings	MAIN STAGE - ADAM ROOM
1:45pm – 2:00pm	HEALTH BREAK	GRAND BALLROOM
2:00pm – 3:00pm	KEYNOTE PANEL PRESENTATION MAIN STAGE OPEN TO ALL WELLNESS FAIR PARTICIPANTS (<i>pre-registration is not required</i>) - Preventing and Managing Chronic Disease: A Panel Discussion	MAIN STAGE - ADAM ROOM
2:00pm – 3:00 pm	SESSION OPEN TO ALL WELLNESS FAIR PARTICIPANTS (<i>pre-registration is not required</i>) Heroes and Angels from the Ottawa Valley	LAURIER ROOM
3:00pm – 3:30pm	LIVE ENTERTAINMENT - McHale and Friends (Celtic Music) from Saint-Vincent Hospital	MAIN STAGE - ADAM ROOM
3:15pm – 4:40pm	DEMONSTRATIONS 3:15-3:35 Chair yoga 3:35-3:55 Rejuvenate your skin 3:55-4:15 Nutrition 4:15-4:20 Older adult fitness 4:20-4:40 Reflexology	LAURIER ROOM
3:30pm – 3:45pm	HEALTH BREAK	
3:45pm – 4:45pm	KEYNOTE PANEL PRESENTATION OPEN TO ALL WELLNESS PARTICIPANTS (<i>pre-registration is not required</i>) - An integrative approach to living with pain: A panel discussion	MAIN STAGE - ADAM ROOM
3:45pm – 5:00pm	SESSION OPEN TO ALL WELLNESS FAIR PARTICIPANTS (<i>pre-registration is not required</i>) - Getting the Most from Your Health Care Appointment (<i>pre-registration is not required</i>) - Advance Care Planning: Starting Conversations STAY FOR OUR GIFT DRAW!!!	MACDONALD ROOM
5:00pm – 7:00pm	WELCOME RECEPTION & KEYNOTE PRESENTATION - The Search for Kindness: My Personal Journey	MAIN STAGE - ADAM ROOM