



Seniors Active Living Fair

Wednesday, January 10, 2024 • 10:00am - 2:00pm

Les Chater Family YMCA

356 Rymal Road East | (905) 667-1515

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. Patrica Hewston is a research associate at the Geras Centre for Aging Research and the Director of Operations. Patricia is an occupational therapist with a PhD in Rehabilitation Science. She is a research associate in the Department of Medicine and assistant clinical professor

(adjunct) in the School of Rehabilitation Science at McMaster University. Her area of research is to design and evaluate new models of care to keep older adults healthy and active.



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés