

## TOPICS

- Media & Ageism
- Ageism in the Medical System
- Recognizing our own Ageism
- Personal Experiences of Aging
  - an amazing variety
- How do WE move beyond Ageism

## Information

**Registration:** 9:00 a.m.

**Conference:**

May 16th - 9:30 a.m. - 4:30 p.m.

May 17th - 9 a.m. - 12 p.m.

Lunch May 16th and all breaks included with registration.

**Lunch May 17th - \$20.00**  
- by RESERVATION ONLY

**SSM AGM - May 17th - 1 p.m.**

## SPONSORS



All Seniors Care

Caring Hearts

medSask

Philips Lifeline

Prairie Heart Mobility

Canadian Red Cross

Saskatchewan Health  
Research Foundation

Urban Poling

## Venue

**Travelodge Hotel & Conference Centre**  
**4177 Albert Street**  
**Regina, SK**



[www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca)  
306-359-9956



presented by  
Saskatchewan Seniors Mechanism



# AGE IS ~~M~~

**...moving beyond ageism**



## Conference

**May 16 & 17, 2018**

## KEYNOTE

### Reframing Aging



Michelle Porter is a Professor in the Faculty of Kinesiology and Recreation Management, and Director of the Centre on Aging, at the University of Manitoba. She received her PhD in Kinesiology from the University of Western Ontario. Her research broadly falls within the area of mobility and aging - more specifically she has studied exercise and aging, as well as older drivers. She has been and continues to be engaged in several boards, locally, provincially and nationally such as Active Aging Canada, and the Transportation Options Network for Seniors. At the University of Manitoba, she chairs the Age-Friendly University Committee as well as the Coalition for Healthy Aging in Manitoba. She will be addressing the surprising ways that others interpret our words and help us find new ways to get our message across.

## PURPOSE

- **Become aware of the different aspects of ageism in our society**
- **Consider how ageism affects older adults**
- **Explain how ageist attitudes are communicated**
- **Consider strategies to move beyond ageism to Age Is - *positive images of aging***



## **Display Booths**

**Limited number of booths available for non-profit organizations**

**No extra charge**

**Registration to Conference required**

program@skseniormechanism.ca  
or 306-757-1898

## REGISTRATION

Please complete this form and send it with your payment to:  
Saskatchewan Seniors Mechanism  
112-2001 Cornwall Street,  
Regina, SK S4P 3X9

or register online (PayPal) at  
www.skseniormechanism.ca

Name:

Address:

City:

Postal Code:

Phone:

Email:

Registration:           \$75.00   

Lunch (May 17)       \$20.00   

*Registration Deadline: May 11, 2018*

*Chq enclosed \_\_\_\_\_  
(Unfortunately SSM cannot accept credit/debit cards. Please make your chq/money order payable to Saskatchewan Seniors Mechanism.)*

*Venue:*

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4177 Albert Street, Regina, SK