

5th Creative Aging Symposium

WELLNESS, AGING & CREATIVE EXPRESSION SYMPOSIUM

WHO SHOULD ATTEND?

Health care staff, artists, healers, aging services organizations, practitioners and change leaders, policy makers and elected officials.

MONDAY, MAY 16TH, 2016

**8:00 - 4:30 MOUNT ROYAL UNIVERSITY, CALGARY, AB
RODERICK MAH CENTRE FOR CONTINUOUS LEARNING (EC1060)**

8:00-8:30

Registration and Breakfast

8:30

Welcome Address

9:00

KEYNOTE ADDRESS:

Dalia Gottlieb-Tanaka, PhD

WHY BEING ENGAGED IN CREATIVE EXPRESSION IS IMPORTANT AS WE AGE

Dalia Gottlieb-Tanaka, PhD, is an author, teacher and international speaker. As the founder of the Society for the Arts in Dementia Care in B.C., she was instrumental in the national and international conference on creative expression, communication and dementia. The Creative Expression Activities Program she conceived and developed for seniors is an award winning program based on a comprehensive approach to dementia care.

9:00-12:30

CONCURRENT WORKSHOPS

Intuitive Painting

Tina Thrussell

"I Remember Better When I Paint"

Blythe Bohonos, Art Therapist

(French Connection Films and the Hilgos Foundation)

"This is What I Want to Tell You"

A Life Writing Workshop

MRU Students with David Hyttenrauch, PhD, Chair, Department of English

12:30

**LUNCH INCLUDED WITH FULL DAY REGISTRATION
CREATIVE AGING ANNUAL GENERAL MEETING**

1:30-3:30

CONCURRENT WORKSHOPS

Fun with Ukuleles

Marsh & Donna Kennedy

Belly Dancing: Exercise, Fun and Brain Training

Angela Grell

The Creative Expression Activity Programs

Dalia Gottlieb-Tanaka, PhD

& CEEA Tool

3:30-4:30

CLOSING REMARKS

STUDENT & SENIORS:

\$75.00

HALF DAY:

\$75.00

(no lunch included in this price)

FULL DAY REGISTRATION:

\$149.00

REGISTER NOW: creativeagingcalgary.com

Examine the role creative expression can play in **PROMOTING HEALTH, wellness and hope**

Develop **STRATEGIES** for incorporating creative expression in practice

NETWORK with individual's actively engaged and interested in creative expression and aging

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