

| | | Room 1: #2072 Feature Topics | Room 2: #2074 | Room 3: #2080 (Conducted in Cantonese) | Room 4: #2082 | Room 5: #2068 Interactive sessions |
|----------|----------|--|---|--|--|--|
| 11:00 AM | 12:00 PM | Making the Most of Your Family Doctor Visit - Your First Step to Better Health | Pain Is Normal...Isn't It??? - What everyone needs to know about managing pain. | Healthy Eating and Vegetarian Diet 營養秘笈 | Environment and Your Health | Chair Exercise - Cardiovascular workout and muscle conditioning using a chair for additional support. |
| | | Speaker: Dr. June Kingston , Family Physician, Chief of Family Practice, Trillium Health Centre | Speaker: Dr. Charles Lee , Doctor of Chiropractic | Speaker: Sara Ching , Msc, RD, Ellen's Health Food 程文細 , 機構企業管理及營養學碩士, 安省註冊營養師, 任職善美食品廠 | Speaker: Dr. Bill Lim , MD, Medical Director of Mon Sheong Home for The Aged | Instructor: Faye VanHorne , seniors' fitness instructor, certified by Canadian Centre of Activity and Aging, London |
| 12:00 PM | 1:00 PM | A Guide to Caring for Seniors - Information for the Sandwich Generation | An update on Age-Related Macular Degeneration (This seminar is sponsored by Novartis Ophthalmics.) | First Aid for Seniors 長者急救常識 | Fitting Physical Activity into your day | |
| | | Speaker: Tiziana Rivera , RN, MSc, ACNP, GNC(C), Manager, Seniors Health, Trillium Health Centre | Speaker: Dr. Sohel Somani , MD, FRCSC | Speaker: Andrew Ling , SBSt.J, St. John Ambulance 凌家浩 , 聖約翰救傷隊 | Speaker: Brenda Callaghan , Get Active Mississauga Physical Activity Coordinator, City of Mississauga | |
| 1:00 PM | 2:00 PM | | Taking the Bugs out of Travel | Scientific Approach of Chinese Medicine in Treating Carcinoma 中藥治療腫瘤概述及體會 | The Normal Foot and Overuse Syndromes | Nia , a fusion of fitness exercises |
| | | | Speaker: Dr. Peter W. Kujtan , B.Sc., M.D., Ph.D. | Speaker: Professor S.Y. Mak , CDM 麥時任教授 | Speaker: Ross Heller , Pedorthic Consultant specializing in Foot Biomechanics, Bio-Ped Foot Care Centres | Instructors: Elizabeth Mierzynski, Laura Compary, Jane Markowitz & Tessie Ostonal , Certified Nia Teachers |
| 2:00 PM | 3:00 PM | Stress Defined - What you need to know | Living Well with Cancer | Healthy Living - Elder Abuse Prevention 保護長者 | The Advancing Art and Science of Dental Implant Care | Tai Chi |
| | | Speaker: Kathryn P. Bareja , MA, BSW, MSW, RSW, Social Worker, Cardiology, Trillium Health Centre | Speaker: Catherine Kiteley , RN, Clinical Nurse Specialist, Supportive Care, The Credit Valley Hospital & Judi Brinkert , Manager, Wellspring | Speakers: Bonnie Ho , Professional Service Development Officer, & Kenny Yu , Project Worker, Protecting Seniors against Abuse, Carefirst 何繼行及余雋禧 , 耆暉會 | Speaker: Dr. Stephen K. Ho , DDS, MSc., FRCD(C), FADSA, Credit Valley Hospital | Instructors: Chi Hung Tai Chi Academy |
| 3:00 PM | 4:00 PM | Health Promotion and Disease Prevention - Risk Factors for Chronic Disease | Growing Older Gracefully Maintaining your Mind | Funding for Long Term Care & Senior Health Awareness 保障長期護理及長者保健須知 | Osteoporosis and Healthy Bones (This seminar is supported by an educational grant from Eli Lilly Canada Inc.) | |
| | | Speaker: Stacey Horodezny , RD, Clinical Leader, Diabetes Management Centre, Trillium Health Centre | Speaker: Dr. Erin Truscott-Brock , B.Sc.(Hons), N.D., Naturopathic Doctor | Speakers: Audrey Chiang , Clarica Financial Services Inc. & Simon So , Peel Region One-Stop Access Bridging Project 蔣羅婉笙 , 明信理財集團及 蘇永明 , 社會服務搭橋計劃 | Speaker: Dr. Alice Y.Y. Cheng , MD, FRCPC, Endocrinology & Metabolism, Assistant Professor, University of Toronto | |