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|  *Conference**Schedule**September 12, 2024* |
|  8:00 – 9:00 |  **Registration — Foyer** | **“Hava Java” — Grand Ballroom**  |  |
|  9:00–10:15 | A logo for a company  Description automatically generated**Welcome & Keynote Speaker: Ken Valgardson — Grand Ballroom****Sponsored by CHARTWELL RETIREMENT RESIDENCES** |  |
| 10:15–10:45 | **Morning Coffee Break — St. Michael Room** |
| 10:15– 4:30 | **Displayers, Artisans and Jigsaw Puzzle Exchange — St. Michael Room** |
|  | **Speaker Session 1** |
| 10:45–11:45 | ***Intergenerational Trauma****Jonathan Hooton*  | ***Balance, Strength and Function****Cathy Taskey* | **Plan Today – Peace for Tomorrow***Sarah Bailey and* *Vince Gobeil* | ***Practicing Hope****Dr.Ronna Jevne* | ***Keeping your wits: tips for healthy brain ageing****Dr. Adrian Wagg* | ***Journey Beyond: Exploring the World of Travel*** *Julie Bekdashe*  |
| 11:45– 1:00 | **Lunch — Grand Ballroom** |
|  | **Speaker Session 2** |
| 1:00–2:00 | ***Fraud PREVENTION: Protect yourself and do not become a victim!***Cst. Amanda Trenchard | ***Golf: Learn 60% of the game in 60 minutes!***Katrina Kelly | ***ARTA Benefit Plans Update***Gary Sawatzky | ***Building Bridges – Connecting with and Supporting Trans Youth***Amelia Newbert | ***Planning Your Senior Living Journey***Tara Hengst | ***Moving Forward with Mobile Devices*** Terrance Judge |
| 2:00–2:30 | **Afternoon Coffee Break — St. Michael Room** |
|  | **Speaker Session 3** |
| 2:30–3:30 | ***Your Trees – Proper Pruning and Detecting Diseases***Milton Davies | ***Tai Chi: Restore your natural balance of mind and body***Brad Schultz | ***Steps to Making a Memorable Memoir***Peter Midgley | ***Sole Comfort – Foot Health for Life***Tim Moffitt | ***It’s Time Rethink Women’s Heart Health***Dr. Colleen Norris | ***What’s Out There?***Royal Astronomical Society of Canada  |
| 3:30–4:30 **Wine Down — St. Michael Room — Sponsored by ORBIT INSURANCE SERVICES** Badge Tick1 with solid fillDoor prizes Badge Tick1 with solid fillNo-host bar Badge Tick1 with solid fillNibblies Badge Tick1 with solid fillA chance to meet up and chat about your day! | A logo for a company  Description automatically generated |

Thank you to the **Alberta Retired Teachers' Association** for their generous support of the Second Wind Conference 2024