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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