



WALK with ME

Changing the culture of aging in Canada

March 10 & 11, 2016 | Fantasyland Hotel | Edmonton, Alberta

2nd Canadian conference on culture change

March 7, 2016

 #WalkWithMe2016

Take action now to challenge stigma and embrace aging, older adults tell national gathering in Edmonton.

"I'm told that progress and change can be measured in baby steps, and my response is 'I don't have time for baby steps.'"

- Jim Mann, living with Alzheimer's since the age of 58

Media are invited to meet Jim Mann and learn about what is being done to change the culture of aging across the country and around the world:

When: Thursday March 10, 2016 11:45 am

Where: Fantasyland Hotel (meet outside the Ballroom on Level 3)

Jim Mann was a director for Canadian Airlines for 25 years when he was diagnosed with Alzheimer's. Now 67, he advocates for culture change for older adults, including those living with dementia, in his home province of B.C. and on a national level.

Jim joins visual artist Elizabeth Lehman, an 88-year-old long-term care resident from Manitoulin Island in Ontario, in showcasing their work at the Walk with Me Conference.

Walk with Me is Canada's second national conference on aging. The event, which originated in Ontario in 2014, brings together over 350 older adults/residents, caregivers, educators, policy makers, students and researchers from across the country to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living.

"We're trying to bring awareness about this national movement to embrace aging, not fear it, and we're discussing ways to engage older adults in a meaningful way."

- Josie d'Avernas, Vice President, Research Institute for Aging, University of Waterloo

The two-day conference features four keynote addresses, 18 concurrent sessions and a networking reception. Called *Embracing Aging*, the reception is an opportunity to learn from older adults about creating communities where everyone thrives.

Elizabeth's love of art began in public school. Lehman's submission, a coloured pencil drawing, depicts caring hands which "have been a blessing, but for some time are much too stressed out," and calls for more hands to be "a top priority in order to maintain a culture of aging well."

For a complete list of speakers and a schedule of events go to www.capitalcare.net (click on conference).

To attend the conference or arrange interviews with speakers media may contact:

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