

29th Annual "Older Bolder Better!"™ Seniors Exhibition & Symposium - Presentation Schedule (May 15)

Time	Breakout Room Number	Business Name	Presentation Title & Name of Business
30-min + 10-min Q&A	Health & Wellness Presentations focused on physical health, treatments, and healthy aging.		
10:45 – 11:25	1	Hotel Break Room - Enoch D	Chiropractic Association of Alberta Move Well, Age Well: How Chiropractic Care Supports Healthy Aging
11:25 – 12:05	2	Hotel Break Room - Enoch D	Alberta Injury Management Aging With Vitality
12:05 – 12:45	3	Hotel Break Room - Enoch D	Accessible Acupuncture Peripheral Neuropathy: My Feet Hurt and Burn.
12:45 – 1:25	4	Hotel Break Room - Enoch D	Alberta Association of Optometrists Seniors Eye Health
1:25 – 2:05	5	Hotel Break Room - Enoch D	Voiced Memories Home of Cogimetry Keeping Minds Active, One Memory at a Time
	Planning & Financial Security Presentations about legal, insurance, and estate planning for seniors.		
10:45 – 11:25	6	Hotel Break Room - Enoch EF	Canterbury Foundation Seniors' Care in Alberta: What You Need to Know Before You Need It
11:25 – 12:05	7	Hotel Break Room - Enoch EF	Armour Insurance Why Insurance Feels Different Today — and What Seniors Need to Know
12:05 – 12:45	8	Hotel Break Room - Enoch EF	HTM Law LLP Lessons Learned – Will & Estate Planning
12:45 – 1:25	9	Hotel Break Room - Enoch EF	Westlawn Funeral Home & Cemetery Discover the Power of Planning
	Care & Support Services Presentations about navigating care options, home support, and caregiver resources.		
10:45 – 11:25	10	Hotel Break Room - Enoch C	Caregivers Alberta Caregiver 101
11:25 – 12:05	11	Hotel Break Room - Enoch C	HEART TO HOME MEALS NUTRITIONAL BALANCED MEALS
12:05 – 12:45	12	Hotel Break Room - Enoch C	Ember Healthcare Ltd Finding Your Way Home: A Guide to Alberta's Care Models
12:45 – 1:25	13	Hotel Break Room - Enoch C	Infinity Healthcare Healthcare Options for Aging Albertans: Navigating Home Care, Support Services, and Aging in Place
1:25 – 2:05	14	Hotel Break Room - Enoch C	Edmonton Meals on Wheels Fresh, Convenient, and Made for Living Well: Rethinking Meals with Edmonton Meals on Wheels
	Living Well & Community Presentations about lifestyle, housing, and community engagement.		
10:45 – 11:25	15	Hotel Break Room - Enoch AB	Chartwell Retirement Residence My Retirement Living Journey
11:25 – 12:05	16	Hotel Break Room - Enoch AB	Eager Beaver Moving & Storage Senior Moving with Eager Beaver
12:05 – 12:45	17	Hotel Break Room - Enoch AB	SeniorsPlace Live smarter stay stronger
12:45 – 1:25	18	Hotel Break Room - Enoch AB	Edmonton Seniors Coordinating Council Age-Friendly in Action: Collaborations that Matter