



# Live to 120—Thriving: **Learn, Laugh, Love** Our Mental Health and Wellness

**Sunday, Oct 26th, 2014**

Peretz Centre

6184 Ash Street, Vancouver BC

Auditorium - 2nd floor

1:30 pm Registration

**ADVANCE REGISTRATION ADVISED**

Refreshments Served

Free Parking

(No Charge but Donations are Welcome)



**Penny MacCourt**

MSW, PhD

**Setting the Stage:**

What is Mental Health?  
What Does it Mean?  
How Does it Affect Us?



**Martha Donnelly**

MD, CCFP, FRCPC

**Early Warnings:**

Loneliness, Isolation,  
Depression, Dementia,  
Alzheimers



**Grace Hann**

Senior Peer Support Services  
Trainer and Supervisor

**Emotional Support:**

What is this?  
What Does it Look Like?  
How Does This Affect Us?

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